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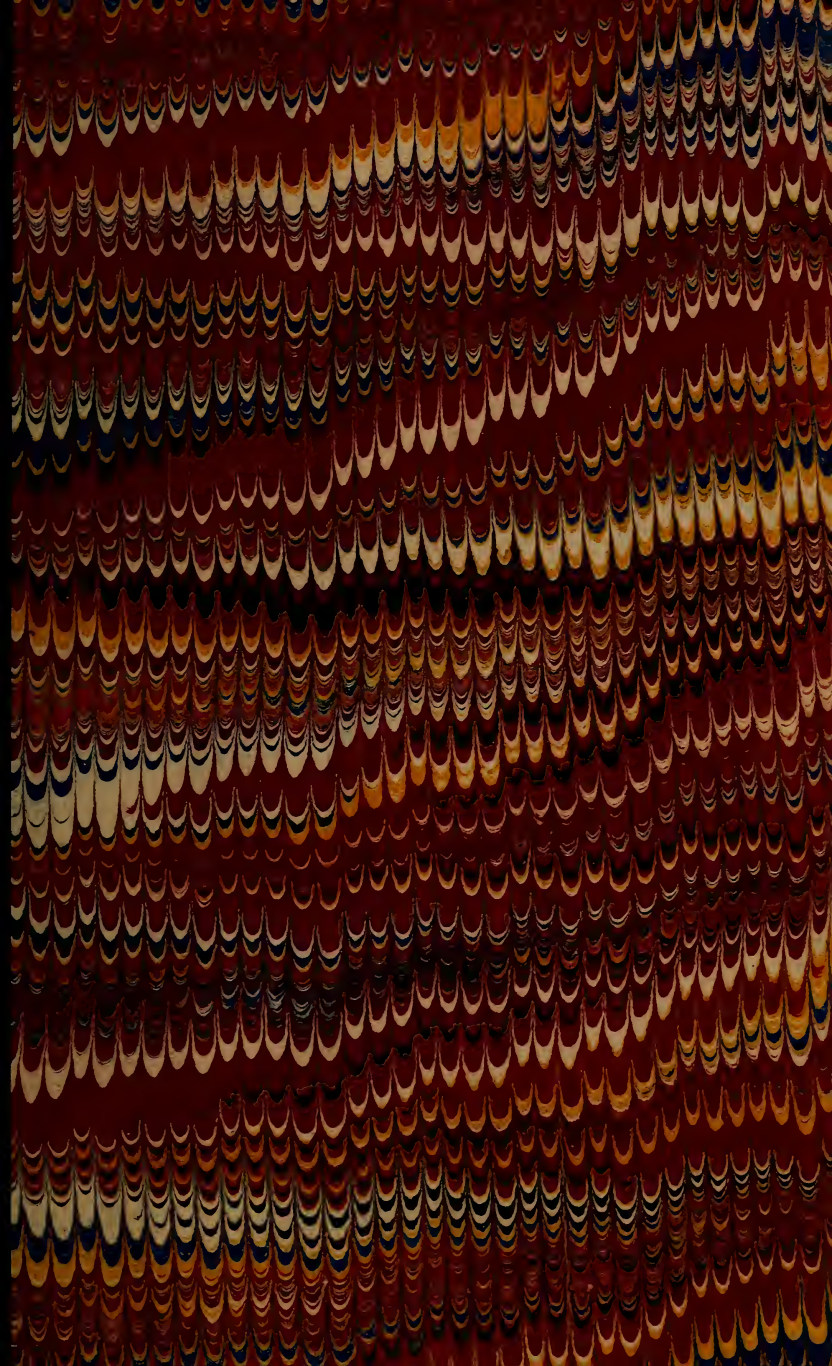
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UNITED STATES OF AMERICA.





MAN'S MISSION ON EARTH:

BEING A SERIES OF LECTURES

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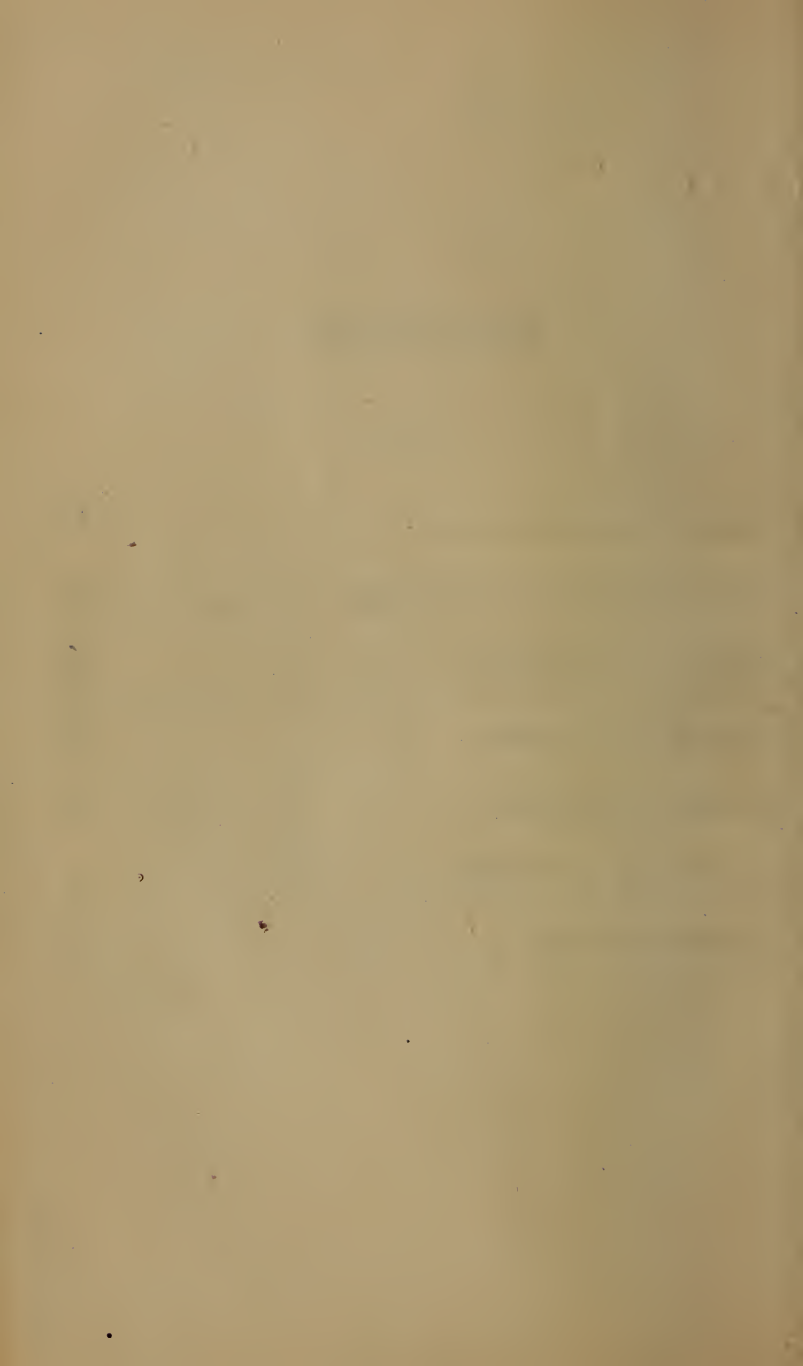
R. J. JOURDAIN, M.D.,

in the Clerk's office of the District Court for the District of Massachu
setts.

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LECTURE ON CONSUMPTION.

GENTLEMEN: The subject of this evening's lecture is that terrible malady which, with insidious strides, advances with civilization, too often baffling medical skill in its efforts to arrest it, — that disease which is known under the different names of consumption, decline, or more scientifically called Phthisis. Consumption is a gradual decay of the vital powers. When found in young patients, it bears this name; but when in middle-aged or old persons, the same disease is called decline. Now, in my former lectures, I have pointed out how utterly useless it was attempting to arrest any disease without first removing or curing the original cause. And here, again, we find the truth of my assertion remarkably exemplified in the treatment of consumption. Notwithstanding the advance of medical science, we see daily instances where otherwise excellent physicians fail, entirely owing to their cutting at the surface rather than digging down to the root. From this very failure we too often hear it asserted

that consumption cannot be cured. Now, when we consider the nature of the disease, its frequency, and the sad havoc it is making upon the vitality of the nation, destroying thousands of unfortunate victims, it becomes a solemn duty to inquire into its nature, its effect, and its origin. Having already given you, in former lectures, physiological advice on other branches of diseases, I would be unworthy of my position, if I neglected to give you the benefit of my experience in this, the most insidious, and, as many think, the most hopelessly incurable, of fatal affections. Having premised thus much, we will at once enter upon an inquiry into the nature of the disease.

Now, as I said before, consumption is a consuming away of vital force, originating in different causes. Now, if we take the word in its actual literal sense, we are all, every one of us, affected with the disease. Every day, nay, every hour, our body is exhausting itself and giving out, even in gaseous exhalations, its strength and energy; but, fortunately, it is also at the same time gaining from food, exercise, fresh air, and a natural recuperative agency that amount of strength which will make up for the exhaustion. As we grow old, this work of recuperation becomes more sluggish, and at length we sink into infirmity, and finally death. But for this, life would be eternal. When, however, from some cause or other, our exhaustion

is increased beyond the point of recuperation, or recuperation decreased below the point of exhaustion, then commences at once the fatal disease of which we treat in this lecture. And then, if we wish for successful treatment, we must look out and find the cause of this organic change. It is a common error to suppose that consumption is confined to one particular class of frames. Now, experience teaches me that such is not the case. I certainly allow that there are peculiar habits of body which appear more liable than others. Thus, persons of slender make, long necks, narrow chests, and prominent shoulders are generally more liable to attack, owing to the fact that persons of such make have less vitality, as a rule, than others. But every class of man, from the strong, powerful pugilist, to the well-made but slender student, all classes of make and form are, in fact, liable to this fatal affection; and this only can we say, that, as the strong man has more vitality to resist the evil when attacked, so will his chances of cure be immensely increased. But let him not think that in his present strength and form he enjoys any immunity from the malady. We will now examine into the symptoms. This disease, like every other, must incubate some time before it begins to make its appearance, and, like every other disease, it varies in its symptoms; but, to the practised eye of the physician, the seeds

of decay are clearly visible. After a while the patient begins to feel lassitude; he is easily fatigued; any rapid movement affects his lungs, bringing on a slight cough; this slight cough becomes habitual to him, though he does not remark it himself, nor like its being noticed by others; his breathing becomes hurried; he becomes more or less emaciated. This state continues for a year or so without his complaining. He becomes more easily affected by cold, his cough being always increased. He has some affection of the head, nose, and eyes, as if from common catarrh. At length, a cold appears of more than usual severity. The cough becomes more troublesome. It had formerly been occasional and dry; now it becomes more constant, and in the morning there is considerable expectoration. This becomes copious and tough, and at length purulent; the breathing becomes more hurried and difficult, and the debility and wasting are increased. Then there appears a hectic fever. As this often accompanies other disorders, it may be as well to define it. Hectic fever is that fever which has exacerbations, or an increase of severity twice a day. The first occurs about noon, and another one in the evening, which generally continues till after midnight. Sometimes these exacerbations are preceded by a sensation of cold. I say sensation, for in reality the skin, if examined by a ther-

mometer, would show an actual increase of heat. The night attack is the worst, and is accompanied by profuse perspiration, commonly called night sweats, which becomes more and more profuse as it advances, — the worst period of which is between two and four in the morning. The appetite for food is not always at first impaired, but in an early stage is sometimes voracious; afterwards it declines. The face is commonly pale, — at times flushed up with a bright red spot on each cheek. The weakness of the system is great and increasing, and the wasting is carried to an extent that is almost incredible. The mind seldom becomes much affected; in fact, in most cases it continues in a state of buoyancy and hope which is astonishing. Whilst the approach of death is clearly marked by all, the patient himself is full of joyful hope of recovery. Sometimes the cultivated genius shines out with more than usual splendor as life ebbs away, like the beautiful but fabulous song of the swan heard for the first and last time at its dissolution. Whilst the fever and expectoration go on, there is generally a pain experienced in some part of the chest. At first it is felt under the breastbone and only when coughing; afterwards it spreads to some part of the side. These symptoms all take some time in developing themselves. Nature fights bravely against its greatest enemy, dissolution; but, unaided by medical science, or

perhaps frustrated by the habits of the patient himself, it gradually loses ground.

There is one point on which all medical men are agreed, and that is, that consumption is most frequent among those who have tubercles of the lungs. But it may be asked what are they, and how is it known who have and who have not tuberculous lungs? Tubercles, then, are certain minute hard swellings, inactive at first, but, when inflamed, they change into little abscesses, which break, pour out their matter, and, as they multiply, and continue the exhaustion, the lungs become fretted away and destroyed. As to who have tuberculous lungs, we can merely say that persons of a scrofulous tendency are those who most frequently have them; also persons of a sanguine temperament, smooth skin, ruddy complexion, large veins, soft flesh. The substances expectorated may be divided under two heads,—mucus and pus; and some physicians assert that they can form their diagnosis from the expectoration. Such, however, cannot be relied on, as I myself have seen the most formidable-looking matter exchanged under treatment for improved expectoration, and perfect health is restored. There are means of deciding the nature of the attack, but they are too intricate to allow of their definition to an unprofessional audience. Indeed, nothing but the most careful observation, founded on long experience, can make

the required distinction. Some few diseases are sometimes, upon careless observation, mistaken for consumption, — such as sympathetic cough, irritation of the diaphragm, ulceration from inflammation, inflammation of the windpipe.

Too often persons, by neglecting a cold, lay the foundation of a long list of symptoms, ending in the grave. Let no one, therefore, thus endanger his health. But, though the advice is good for all, it is many times more applicable to those who are of the habit and temperament I have mentioned, or to those who have lost any of their relations by consumption. Let these, then, be especially on their guard. Every species of disease is more or less amenable to medical treatment, — more as it is taken in time, less as the powers become exhausted.

Having shown you the nature and symptoms of the disease, my next step must be to look at the causes and cure of it, for this is the most important part of the whole subject. It is here that the doctor, if he wishes for success, must begin his labors ; and, unless he do begin here, the victim is doomed irremediably. How imperative is it, then, upon us to make it a subject of the closest inquiry ! As I said before, a constant exhaustion is going on about us. This being natural and remedied by nature, we need not do more than mention it ; but when the exhaustion is too great, we must discover

the cause and diminish it. When the recuperative power is diminished, we must find out the cause and increase it. Too often in practice the medical man, finding exhaustion increased, forces with medicines the recuperative agency up to the same point as the other. This, then, affects a partial cure; but nature, whose laws must be obeyed, soon suffers under this forced treatment, and the after results are more formidable than before.

In the first place, we will take the delicate frame, delicate from hereditary causes. Perhaps the parents have been sickly, perhaps they are tainted with scrofula; perhaps they have been, as too often is the case, guilty of self-pollution. In such cases the recuperative powers are enfeebled, and consumption sets in. Now, here, in a case like this, medical art can only for a time avert the calamity. The whole frame is too weakly to combat the disease. Nature herself seems apathetic as to the result; and, as she quietly yields with scarcely a struggle, art can but supply her place for a time. Then, as that becomes exhausted, the patient sinks. Now, such a case as this must be kept separately classed from other kinds. It is a case of consumption, and yet, in one sense, it is not. The individual in question was doomed from infancy; his vitality was below par; and if he had not fallen as he did, he would have rapidly sunk under any of the other casualties which constantly

overtake human beings, and which, to strong constitutions, pass off as slight temporary ailments. He may be said to have been born and lived in a regular consumption. In this case it must be obvious to any one that medical art cannot build up where there is no foundation, cannot restore what has never been lost, cannot awaken a recuperative power which has never existed; but, fortunately, these cases are rare.

We now come to the regular consumptives, who, from sound health, have fallen into the distressing malady, and here we have plenty of hope of cure. Take the strong lad who, at an early age, has acquired the habit of smoking and chewing to excess; who, as he grows older, indulges in intemperance, keeps late hours, spends those which ought to have been spent in refreshing sleep in a close room, loaded with numerous exhalations and stale fumes; who gives himself up to lassitude and *ennui*, seldom doing much but reading or sauntering to and from places of amusement, indulging in venereal excess, pampering his failing appetite with rich and luscious foods and stimulating cordials. For some years this continues; lassitude, pallor, and a number of other symptoms set in, and at length the abused system becomes reduced to a consumptive tendency; cough, hectic, and night sweats set in, and medical aid becomes imperative. In my descrip-

tion I have commenced with the cause ; but in this case the physician has to trace it back for himself. When he sees the patient, he may and probably is emaciated, worn out, and apparently tottering to a premature grave. His constitution may seem reduced to the last stage, and yet, by finding out the cause, stopping it at once, supplying proper hours of rest for improper, good food for bad food, gentle exercise for listless idleness, and, by medicines, alteratives, and stimulants, working the frame up from its state of apathy and dulness to an active and natural state, he may not only succeed in warding off the fatal symptoms, but he may also bring back the system to a healthy and natural state. But if he at once acknowledges the disease as arising from pulmonary complaint, instead of pulmonary from something prior, he will endeavor to cure that which, as long as the cause last, is hopelessly incurable. And so one more case is set down to the incurability of lung complaints.

Now, the case I cite, is similar to many that have come under my own treatment, and these were men of naturally very strong constitutions. Many others with weaker constitutions are reduced to a similar state of prostration through indulging in a much less degree than the case I have quoted ; and, having the cause of their debility taken away, have, under skilful treatment, regained

their natural strength and vigor. There are others, again, who have equally abused nature, but not by dissipation or sensuality ; many who, by long exhausting attention to business, taking no exercise and improper diet, have impeded the recuperative powers, and laid themselves open to pulmonary complaints. Others, again, who, by careless exposure to wet and cold, irregular meals, and constant excessive fatigue, have reduced themselves similarly. In fact, it would be an endless task to enumerate all the leading causes of decline. We can bring them all in under the head of abuse of natural powers, and inattention to those rules which govern the body, which rules every sane man ought to study and follow. There is, however, one cause of consumption, and, I may say, most prolific cause, which I have already treated of at length in my lecture on the subject, but not in reference to its connection with consumption. I will now refer to it.

We have shown how, under the effects of excessive exhaustion, the vitality becomes impaired, thus paving the way for the introduction of this insidious disease of phthisis ; but, though the demand upon the system is always great, in early youth, before puberty, and afterwards to maturity, the demand is infinitely greater ; for not only then do we require that which may supply the actual loss of the day, but a larger share is required to

perfect the growth, enlargement, and consolidation of the parts. Whatever, therefore, exhausts the powers then, does it in a double manner, not only weakening the actual force, but preventing the different portions of the system from obtaining their proper nutriment. What, then, must be expected from the terrible sin of masturbation, or self-pollution? Just at the time when nature requires, imperatively requires, every part and particle of its sustenance and support, the greater portion is drained off and lost. This cannot continue long without painful consequences, and the system speedily becomes debilitated, and then still less able to go on with the great work on hand. Let us once more examine the actual results of this disgusting habit. From it arise debility, pallor, nervousness, loss of sleep, confusion of ideas, aversion to exercise, listlessness, idleness, pains in the head, melancholy forebodings, voracity, fear, and loss of memory. How, then, I would ask, can any man, — how, then, can any one expect nature to work under such disadvantages? Sleep, that great restorer, whose effects act like charms upon the body and mind, ceases to soothe and invigorate the wretched Onanist's body, rather by its fitfulness and fever acting as an exhausting object. Exercise, so necessary to the young, is partially or wholly neglected by the victim; whilst that activity and buoyancy of spirit, so necessary to enliven and

push on the works of nature, is dead, sullen, and gloomy. The consequence of all this is that if the wretched victim escape the actual immediate punishment attendant upon his excesses, he grows up to be a man, but with his vital agents already weakened and ready to fall into the jaws of disease, in whatever shape it comes. And when we consider how mere inattention and carelessness may superinduce this terrible affection, how much more certain will it be in its effects upon those who by actual self-abuse have weakened and impaired every part and parcel of their godlike frames !

I have hitherto confined myself to the disease and cause ; but having also mentioned its curability under some circumstances, I will illustrate a case in point, the details of which will speak for themselves. The patient, a young man of thirty-two years of age, of a sanguine temperament, had been taken ill some five months previously, commencing with a cough and pain in the chest. The disease spread with such alarming rapidity, that he was soon reduced to complete debility. He was unable to make but the slightest exertion. His hacking cough continued almost without intermission. The night sweats were profuse, appetite gone, and a constant looseness of the bowels added materially to his other infirmities. At first I myself almost despaired of even

prolonging his life, much less curing him. I soon found out that he had originally been of a robust constitution, but that he had gradually fallen away, until suddenly attacked by this galloping consumption. After several weeks' treatment, during which time the life of the patient seemed hanging by a mere thread, he began to amend, and, after a long time, regained his health. One of his lungs was nearly gone, — but which I was in time to save. This gentleman had suffered from spermatorrhœa and nocturnal emissions, which had been the original causes of his decline. I cannot say how long this gentleman lived. At any rate, five years afterwards he was as robust, apparently, as could be.

Unlike many other diseases, consumption is not confined to the human race. Tubercular disease has been found in almost every kind of animals, — the pig itself not being exempt. As pulmonary inflammation is one of the causes which very frequently leads to consumption, or, at any rate, the immediate cause of its development, I cannot pass it over without a few remarks. Pulmonary inflammation may be of two kinds, either inflammation of the pleura, or inflammation of the substance of the lungs. It commences with the usual symptoms of fever, — a shivering succeeded by an increased dryness of the skin, thirst, flushed face, and frequency of pulse ; a difficulty of breathing comes on,

and a pain in some part of the chest. Sometimes it is fixed, at others it shoots towards the shoulder. An expectoration of yellowish, viscid matter takes place. This disease may terminate in three ways, namely : by resolution, suppuration, or gangrene. This last, however, is not of frequent occurrence. When it terminates by resolution, there occurs a gradual subsidence of all the symptoms. Suppuration is more to be dreaded, for where it forms an abscess in the lungs the breathing becomes short, the cough dry and obstinate, the body becomes enfeebled, and night sweats make their appearance. If the abscess can be reached, or if it break without damaging the air-cells, the patient will recover. Gangrene of the lungs is denoted by a sudden cessation of all pain, a lividity of the countenance, intermittent pulse, fetid expectoration, hiccup, stupor, and death. As I said before, pulmonary inflammation is apt, especially in tuberculous lungs, to bring on consumption, its effect being to irritate the tubercles and awaken them to that state of activity which speedily develops itself in a regular pulmonary complaint.

The nature and contents of this lecture make it hardly necessary for me to conclude my observations by pointing out the necessity for respecting the splendid frame which God has given us ; but yet, as the necessity for regarding its rules is of such vital importance to all, I cannot refrain from adding a

few words of exhortation. Let every one here present study for himself the laws of the human system. Let every one, in every walk of life, remember this great truth,—that Nature will demand a terrible retribution upon all who abuse her. If you contain yourself temperately and soberly, obeying her laws and respecting her dictates, she will then be to you a guard and a defence. When sickness or accident overtakes you, she will be the first to bear you back to health and happiness; but if you abuse her, not only will she be apt not to defend you when assailed, but she may even herself be the first to deliver you up passively to the first vital affection which may attack you. Let man, and oh! especially let youth, preserve with care the greatest treasure Providence can give, and then bestow that same robust health to his offspring.

Hoping that my lectures may be of lasting advantage to my hearer, I conclude.

51 Hancock Street, Boston, Mass.

LECTURE ON VENEREAL DISEASES.

GENTLEMEN : The subject of this evening's lecture is one which everybody, be he young or middle-aged, would do well to attend to. It is one affecting in a most serious degree the health, happiness, and domestic comfort of the community at large. It is one on which ignorance or apathy may blast the happiness of the individual. Lucky if it does not spread greater havoc, and carry disease and misery on unsuspecting innocence. The subject, gentlemen, is that terrible curse which assails the human race, and which is known by the name of venereal diseases. And is it not terrible to look into the world and mark how this fearful scourge has worked its dreadful vengeance on its victims? Here we see the youth who set out in life surrounded with everything that could make life happy and prosperous, loved and beloved, and yet in a thoughtless moment he has become infected, his body is covered with loathsome sores, his health ruined, himself racked with pain and disgrace, his face disfigured so that even his best friends shrink from him. Oh, what would he not

give if he could recall the past ! But, alas ! the inexorable hand of time moves on, and he must bear with him the punishment of his ignorance and folly perhaps to his grave. Sad as is this case, it is no more painful a picture than what constantly comes under the view of the medical practitioner ; and, melancholy as is the fate of such a one, how much more terrible must be the feelings of the staid married man, the husband of a virtuous wife, the father of innocent children, if, in a thoughtless moment, he has become contaminated ! Neglect and ignorance have multiplied and concealed the disease, or perhaps the specifics of ignorant pretenders have appeared to cure ; then it breaks out with all its horrors, cursing not only himself but his wife, and perhaps children yet unborn. Terrible as is such a result, could you, as I can, pierce the veil of secrecy which surrounds such cases, you would be appalled at the fearful effects of this vice, — effects which no one but a medical man can appreciate at their full value. And feeling this to be the case, I devote myself to such an exposition of cause and effect as I believe will tend to the advantage of those whom I address. Nor is there any one here present who would not willingly do the same thing for the cause of humanity, had he seen in hospitals, or in private practice, the fearful effects which I have seen, arising from neglect, abuse of mercury, or long-continued delay. I mention

these causes, for such is and has been the march of medical science that the disease itself succumbs in most cases easily to the practised professional.

Having premised thus much, we will at once turn to our subject, which, as I said before, is an examination into, and explanation of, venereal diseases; also, the abuses arising from ignorance and neglect.

The disease is generally classed under two heads, — that which is truly local, as gonorrhœa; and that which may affect the system, as syphilis. Syphilis arises always from inoculation by venereal poison. This may be attained in various ways, but generally by coition with a diseased subject. A short time after coition, — from three to ten days, — a slight pimple, accompanied by itching, forms; then follows a slight pustule, which, breaking, exposes a venereal sore. This sore may be of three kinds, — simple, indurated, or phagedenic. The simple chancre yields readily to treatment; the indurated, however, requires very careful and skilful treatment, else secondaries are sure to follow; the phagedenic is an eating ulcer, as the name signifies, and rapidly destroys the part affected. Sloughing is apt to follow, and, unless skilfully treated, the organs of generation are apt to be extensively impaired, if not destroyed. When primaries have set in, if neglected or im-

perfectly treated, within ten days or a fortnight a swelling or swellings on the groin or groins is apt to follow. This is called bubo, and may be of two kinds, sympathetic or syphilitic. After this, within from three weeks to six months, — oftener about three months, — secondaries set in, affecting the throat and mouth, then breaking out in scaly or suppurative eruptions, acting on the skin and nerves, destroying the mouth and affecting the nose. After this, at a period from six to twelve months, or even years, what are called tertiary symptoms set in. These are apt to destroy the testicles by carcocele, which, unless carefully watched, produces atrophy of the parts. They bring on periostitis, or disease of the bones, and when the disease reaches this stage the agony is such that life becomes almost insupportable.

Such, then, are some of the effects of diseases of this kind. Vigor, beauty, health, and life itself may be destroyed. How necessary it is for all to guard against this dreadful disease! Look, gentlemen, at the models, — each and all of them taken from actual cases; and could you yourselves look into that part which memory of experience and practice on this very disease gives me, you would yourselves see how little do these models come up to some of the terrible cases which have come under my notice. Can any one be so foolish as to run the risk of encountering these evils by neg-

lecting or secreting the cause, or by rushing off for some foolish and useless specific? One would think not; and yet how constantly do these cases occur! Indeed, two-thirds of the worst cases arise from these two prolific sources. The practical physician, if he have any kind of constitution to work upon, can invariably arrest the foul destroyer, but where long neglect or malpractice has hardened the disease, then terrible is the fate of the sufferer.

In example of what these will bring about, I will cite a case in point. This case, No. 489, was a man of forty-five. He had lived a gay life; had been fortunate in escaping syphilitic contamination for some length of time. He at length got contaminated; disease appeared five days after contact. He being then away in his yacht, was unable to get advice. He immediately made into Southampton, got advice and medical treatment. His chancre first of all indurated, became spagedenic under the treatment; sloughing set in; his penis was threatened with destruction; secondaries of the worst type appeared. Mercurial baths were ordered, which fearfully increased the evil. His tonsils were seriously affected; roof of his mouth impaired. Finding himself worse, and fearing utter destruction, he hurried up and consulted me. The fearful ravages of the disease were awfully apparent. I immediately altered the treatment.

In three days the sloughing ceased ; in a marvelously short time the ulcers in the mouth disappeared, and after a long interval he was restored to full health. Case 911 was even more serious. He had also suffered from neglect and maltreatment. The chancre in his case had been destroyed by caustic, the disease itself being left to work its own way. Secondaries soon appeared. These were partially treated, and tertiaries set in. As a last resource, the patient came to me. At that time carcocele threatened his private parts with destruction, whilst periostitis racked his bones with torments indescribable. From the immense length of time this had been running, the case was a serious one. It was here a matter of life and death ; but, happily, I was enabled to cure him of his pains, and, after a long and tedious combat with the disease, he was restored to a passable state of health.

Sad as are these cases of terrible disease, they are yet observable to all. The patient though he suffers, suffers alone ; no one else has his pains and shame. But, alas ! such is not always the case. Too often the victim, falling into inefficient hands, is sent away partially cured ; the virus still infects his blood, and will reappear in a manner more fearful to contemplate than even the agonies of periostitis. Could I unfold those secrets which have been confided to me as a medical adviser, the

hearer would start at the terrible revelations which would ensue. How the young and lovely bride is stretched on the bed of sickness, and sometimes death, — attacked, mutilated, and disfigured by this loathsome disease! How, too often, the child shrinks away to an early grave from a life which has been but one utter misery, — a misery inflicted by that being who should have guided and guarded its every precious breath! Enough for us to say, — and let this advice ring in the memory of all, — that no one who has been once infected, and whose disease has run any time, can be sure that he will not suffer in the future. Often the disease lies dormant in the system, leading the victim to rest under the delusion that he has escaped all deleterious influence, and then, when least expected, it bursts forth two or three years afterwards in all its terrible symptoms. Nay, it has been known to appear years and years afterwards; in fact, it is almost impossible to say what length of time may intervene before it does appear, as in many systems it undergoes various changes, caused by local and constitutional reasons, and which govern the length of time which may elapse.

We will now turn from disease arising from syphilis to that which is generally known under the name of gonorrhœa. This, like chancre, arises from venereal poison, which is, however, different both in its nature and effects from syphilitic virus;

but, though confined to local symptoms, and hence less dreaded than syphilis, it yet leads to as many, though more secret, effects.

Gonorrhœa may be divided under two heads, acute and simple. It is simple when arising from some irritating source, which does not, however, contain poison. To distinguish between them is by some men, as Drs. Hunter and Ricord, set down as very difficult. Science and experience, however, do enable the definition of them to be made with ease. Indeed, that physician who makes a specialty of these diseases of the organs, and yet fails in distinguishing at once the difference between them, would be very apt to fail in his treatment of all classes of diseases. Simple gonorrhœa may arise from a multiplicity of causes. Men who have injured themselves by masturbation are extremely apt to get from women suffering from whites or leucorrhœa a disease very similar to gonorrhœa, which, however, requires very different treatment. This shows how necessary it is for the medical man to judge correctly. On his decision the domestic happiness and welfare of numbers may be at stake, fair fames destroyed, and lives rendered miserable. Acute gonorrhœa, however, arises from venereal poison, and thus affects the parts. Within six to thirteen days after coition the patient discovers a slight burning or itching in his urethra. This continues ; a discharge from the

urethra follows ; intense pain and great difficulty are experienced in rendering water, which becomes ejected in a broken stream. Chordee is next apt to set in. It is an affection of the most painful nature ; the under part of the penis not allowing its extension, it becomes curved, and causes awful agony. Sometimes the prepuce becomes distended, causing what is called phymosis. Where the skin is drawn back the symptom is called paryphymosis. The discharge from the urethra consists of mucous pus, at first of a white color, exhibiting epithelial scales.

It is an unfortunate thing that persons run away with the idea that gonorrhœa is a simple and comparatively harmless disease ; hence they neglect it. In some cases, like any other affection, its effects are simple, and, when taken in time and skilfully treated, may soon be checked without much after results ; but when neglected, it may become an incurable gleet, which not only unfits the victim for matrimony, but even eventually brings on impotence. And let my hearers take warning, for numbers and numbers of cases daily occur of a gonorrhœa settling into a chronic gleet, which may torment the patient for years, if not for life. And what can be more repugnant to well-constituted feelings than thus dragging the visible result of one's folly through every phase and relation of life?

Case 1430, amongst many others who have

applied to me from this cause, evidences the sad results arising from gonorrhœa. The patient, thirty years of age, at the age of twenty-six contracted gonorrhœa, which was allowed to run some time, owing to the idea that it would cure itself. In spite of medical attendance, which was called in, the disease continued; inflammation of the bladder was brought on; further complications superinduced that most painful of all affections, stricture of the urethra. Finally, the disease lapsed into a gleet, which continued to torment him, without any diminution, in spite of every effort made in his behalf. Though deterred from matrimony by shame and fear of infection, he sought to find illicit pleasures elsewhere, when, to his astonishment, he found himself impotent. Despairing of help, and reduced to the last extremity by this terrible blow, he sought my advice. It will be unnecessary to specify the nature of my attendance. I will merely remark that, had he delayed applying to me much longer, he would have been ruined for life. As it was, he was only restored to health after a long and tedious illness.

Whilst on venereal matters I may as well call your attention to a fact which is not generally sufficiently appreciated. I have already, in other lectures upon the fearful results of masturbation, shown the terrible local, physical, and mental results arising from it. There is, however, another

evil, which must here be mentioned, and that is, that those who indulge in this vice and become affected with gonorrhœa, after the acute symptoms are passed away, return to their old habits, and by keeping up the irritation frustrate the physician's efforts to cure them. The result is invariably a long-continued if not persistent gleet, whilst their constitution under this double drain becomes very seriously impaired. So, again, those who have continued the baneful habit any length of time so affect their constitutions and impoverish the blood as to impair the recuperative powers of the body ; hence, when infected with syphilis, they have no power to withstand it, and the disease rapidly assumes malignant forms, and the whole system sinks, through want of that virile power which masturbation has so disgracefully thrown away.

In case 1430 I mentioned stricture of the urethra. It is necessary for us to enter more fully upon the nature of the disease, as it is one of the most serious, if not the most serious and painful, after-results of gonorrhœa. At the same time it has been occasionally known to arise from other causes, though but seldom. Strictures are of two kinds, called spasmodic and permanent. The serious nature of the disease may be understood when we find it gives rise to all or some of the following disorders : irritation of the bladder, a dilatation of the urethra, ulceration, fistula, en-

largement of the pelvis, of the kidneys, besides other complaints which are sympathetic, such as swelling of the testicles and of the glands in the groin. With such a painful combination following in its wake, stricture must needs be a serious affection. It affects the urethra, or the canal by which water is passed or semen ejected. From its object and intention, this canal must needs be small and complicated; hence obstructions are apt to arise, which, in part or wholly, prevent the passing of urine. There are, then, five different recognized methods of obstruction. Three of the former are a lessening of the diameter of the passage, and the fourth an excrescence. The fifth arises from the walls being compressed. The causes of these are not so easily classified. I, however, from experience, would group them under four heads, and in this I am supported by Ricord. The first, which may be generally called spasm, does not arise from any change of tissue. The second arises from organic changes, such as, by ulcerations, with surfaces more or less fungous. In certain cases the urethra is encroached upon by true vegetations. These may exist in any part of the canal, even posterior to the verumontanum. Hypertrophy and engorgement of the folds of the urethra may also form projections analogous to those which depend on cicatrices. Organic changes also arise from alterations in the walls of the canal, as engorgement of the urethral

walls, from which callosities assuming a fibrous condition ensue. Indurations from chancre will sometimes give rise to the disease, but in such a case it yields to antisypilitic remedies. The third are affections which proceed from parts external to the urethra. The most common is inflammation of the neighboring tissue, or inflammation followed by nodosities, or rings, which cause a deviation in the canal, elevate its walls, or strangulate it completely ; and finally we have contractions of the muscular fibres. The fourth compound causes are those morbid states which I have mentioned, existing in various ways, which give rise to compound strictures.

The two kinds of stricture to which these cases give birth, as I said before, are spasmodic and permanent. Some writers have even named a third kind, — a mixed case, composed of permanent stricture and spasm. As, however, the word permanent carries its own meaning, it must be an odd distinction which can classify the two together.

Spasmodic stricture is that stricture which arises from other causes beside organic change in the parts, and will commonly explain its origin on close investigation, and as the cause is removed will regain its usual structure. Permanent stricture, arising from alteration in the structure of the organization, is, of course, as its name signifies, always more or less persistent. In this disease the

patient seldom complains till he can hardly procure a passage for the urine, and frequently has a considerable degree of strangury.

The same stricture, however, is not at all times equally bad. Thus, it is always affected more by cold than heat; is always worse in winter than summer. Although, from the nature of the disease, it would seem almost impossible for medical science to alter and readjust the parts, yet such has been its advance of late years that it is very generally successful. It would be unnecessary to enter upon the means of cure, as they are of too delicate and fine a nature to allow of their use by other than experienced hands.

As I mentioned some of the results arising from stricture, it may not be uninteresting to briefly explain the nature of some of them. Enlargement of the urethra is the breaking and wearing away of the canal preceding the point of obstruction, which arises on the same principle, that when we dam up a stream it will in its endeavors to escape enlarge its banks. Ulceration is formed by the urine, in its endeavors to open up a new passage for itself, which if effected is a source of annoyance, and if not is apt to bring on mortification. Fistula arises from inflammation in the new passages, and brings on complaints of an intermittent kind, such as fevers. The swelling of the gland is even more serious than any of the preceding ones, as we have

fewer methods of cure. Here we cannot destroy it, like the stricture, nor can nature relieve herself by drawing off the water through new passages. We can, however, relieve it by the catheter. The disease itself is a swelling of the gland until the mouth of the urethra becomes entirely closed.

Time and space will not allow us to go further in the matter. Sufficient has been shown, though not one-fifth which could be, to prove to the most thoughtless the fearful diseases and complications which may arise and follow even simple venereal infection, and which may and do follow the general effects of sensuality of whatever kind. The organs of generation are too fine and beautifully arranged to allow of abuse of any kind without inflicting severe penalty.

When we think, then, of the nature of the venereal disease; its disgusting and revolting symptoms; the disgrace, pain, and danger, which follow in its track; its destruction of all those holy conjugal joys which are the highest pleasure beings can enjoy below; the utter domestic wretchedness it is apt to cause, and its frequency in our midst, — it becomes the duty of every man to acquaint himself with that part of its nature and history which will act as a safeguard from temptation and a means of relief in case of suffering; but also in a much greater degree does it become the duty of physiological exponents and leaders to show, ex-

plain, and bring before the public those subjects which will tend to promote the great objects that they have at heart. And, having myself in a long practice seen the suffering, bodily and mental, which arises from venereal diseases and those of the generative organs generally, I determined, if possible, to mitigate the evil as far as lay in my power.

51 Hancock St., Boston, Mass.

LECTURE ON DYSPEPSIA.

GENTLEMEN: We have in previous evenings dilated upon different subjects intimately connected with the health and welfare of the public generally. Of those diseases which we have treated of in my lectures, many of them arise, as I have before mentioned, from disorders of the stomach and system generally; and, in order to remedy these diseases, it is necessary to find out the causes of them in the first place. Thus we cannot neglect that most prolific cause of illness, hypochondria, and many other ailments, while treating of these subjects; and that prolific cause, both fearful in its effects and most common in its occurrence, is dyspepsia. Now, as dyspepsia is generally only a result, so it is in itself a cause of a variety of dreadful diseases. Too often medical men, as I have before said, trace back different ailments to dyspepsia, and there rest satisfied with the discovery; whereas it is essentially necessary for successful treatment to carry the inquiry still farther, and find out what has been the origin of this, the foundation of so many com-

plaints. As one engaged in the great work of advising on physiological matters, — advising in such a manner as may enable man to avoid, by attendance to simple rules, the multifarious disasters and evils which otherwise will accrue, — I cannot do better than make dyspepsia, its cause and effects, the subject of to-night's lecture. And therefore, gentlemen, we will at once proceed upon our subject.

Dyspepsia, therefore, arises from a disordered state of stomach, a weakening from various causes of that part of the system which regulates the digestive and absorbing powers; and one thing which must be recognized by all men as, in fact, the alpha of all physiological science, is that the stomach holds in an eminent degree a close connection with every vital function. If the stomach be in good health, the brain will be clear, the frame strong, the spirits buoyant; but the moment when, from any cause, it becomes deranged, although pain may at first appear but in that region, all other parts are more or less affected. This connection is, however, reciprocal. A disease of other organizations may also act upon the stomach; the stomach, however, always acts upon the others. That this should be so is evident from the capabilities and offices which this organ has to perform. Into it are poured all those substances which are to renovate the brain-cell, to strengthen

the blood, to give pliability to the muscles and joints, to support the nerves, and to replace the natural exhaustion of the frame. The moment, therefore, it fails in any of its functions, each and every one of the organs suffer. When, from any local cause, it chancas to occur occasionally, it is known simply as indigestion, and, after a time, either with or without medicine, the disease and pain disappear; but when the functions of the stomach have become impaired so as to continue the ailment of other parts, it comes under the head of dyspepsia, which will require a considerable amount of care and medical skill to combat and remedy. When well, few ever take notice of the fact that there is such a thing as a stomach; occasionally, when suffering from hunger, they may remember the fact. When I say, take notice, I mean sufficient notice to think about the matter closely. The reason of this is that the process of digestion goes along so smoothly and quietly as to be entirely unfelt or unrecognized. In such a state of things the food taken into the abdomen is acted upon by the gastric juice properly and naturally, converting it by means of its auxiliaries into all those parts of blood and water which are necessary to feed and keep in a proper state the flame of life. When, however, excess of food, or that of an indigestible nature, is brought in contact with the gastric juice, instead of being dissolved into a

natural homogeneous mass by the gastric fluid, it runs into a state of fermentation, producing acid and wind, and giving rise to symptoms of indigestion ; but when, on the other hand, the functions of the stomach become impaired so as to be incapable of acting upon proper food, then arises dyspepsia.

Now it will be unnecessary to dilate upon the first stage of the disease, as its cause is simple and its cure equally so ; we will, therefore turn our attention entirely to the more serious one. First of all we will examine and explain the symptoms. The patient, then, first of all begins to find his usual pursuits irksome and laborious ; he is constantly suffering from indigestion which formerly he had easily been enabled to mitigate ; he has now but a poor and vitiated appetite ; he is not so strong as he used to be, and he feels he is getting into a serious state. The slightest exercise occasions fatigue and causes profuse perspiration ; his tongue is coated on the posterior part and on its centre with a brownish fur ; his bowels are either costive or relaxed ; the pulse is slow and small, and although it is sometimes hard, his countenance is more pallid than usual ; the eyes appear swollen and the white of the eyes becomes injected with yellow streaks. In some cases heart-burn and oppression are experienced after meals, but in others the patient only complains of languor and extreme listlessness. Sometimes a sense of con-

striction is felt about the fauces, and a difficulty in swallowing may be experienced, as if the œsophagus presented some mechanical obstruction to the passage of food ; dizziness, unusual drowsiness, pains in the head, ringing in the ears, a disagreeable taste in the mouth, an altered state of the salivary secretion, — being sometimes limpid, at others thick and ropy, — palpitation, and a sense of faintness are symptoms which in a greater or less degree affect the dyspeptic. His hands are sometimes hot, at others cold ; when hot they are dry ; when cold, damp and clammy ; his sleep is disturbed and broken, not only by distressing dreams, but by restlessness and wakefulness. When morning comes he awakes unrefreshed and is unwilling to get up, weak, with pains in the back and a dull pain over his eyes ; his limbs ache ; the muscles of the trunk are even sore to the touch ; and even a change in his position in bed is attended with uneasiness. Every change in the atmosphere is felt as a serious evil ; if it grow cold, he cowers over the fire and grumbles at the constant variability of the climate ; if it becomes hot, he becomes oppressed with heat ; his breath becomes short and he perspires freely ; his bowels become more and more intractable ; his usual doses cease to be attended with any effect ; he gradually increases the dose until a diarrhœa is established, which in turn gives way to still more obstinate

costiveness. He thinks, if he could only get a medicine which would keep his bowels in a proper state, he would be convalescent, therefore he tries all kinds of advertised remedies, perhaps gaining temporary relief, then sinks back into a more intractable state. For here lies the difficulty: his bowels have become so deranged that it is not easy to graduate a stimulant which will just correspond with the varying state of the organs; his spirits now become depressed; he ceases to battle with the enemy, and, while suffering much, fancies a thousand times more. Wandering pains are felt in the bowels and side, a tenderness in the epigastrium is experienced, the abdomen is swollen out, a cough comes on and expectoration is difficult. The mind now becomes greatly oppressed; some dreadful cloud or misfortune seems impending, or some real trifle is magnified into a terrific form, and attended with such disasters as overwhelm the patient's mind. If he be assailed by any other disease, he immediately believes it fatal, and grieves over his untimely death as though he were on his death-bed; he fancies that he is diseased in the heart, that he has cancer, or that he has some pulmonary complaint. When the patient is beyond the age of forty-five there is usually a greater defect of sight, when the functions of the stomach are disordered, than at any other period. The urine becomes also changed and

disturbed, being high-colored or turbid, leaving more or less of sediment ; generally it is scanty than otherwise, and passed with difficulty ; sometimes, however, it is passed in great quantities and limpid as water. The skin and its functions are very much affected ; it is either dry and constricted or perspirable with feelings of cold. The skin becomes very much altered, changing in an eminent degree the complexions of both male and female ; thus showing the intimate connection and extreme sympathy between the external surface of the body, and the stomach, liver, and alimentary canal ; thus, we often find liver affections have made their way through the cutaneous surface.

One of the most striking phenomena of dyspepsia is the loss of flesh and muscle. This emaciation, of course, arises from a deficient supply of nutriment. The loss of strength is, however, out of all proportion to the loss of flesh. This is one of the characteristic features of the disease, and arises much more from irritation in the bowels and stomach than in disorder of the liver. In fine, it is rather a sense of debility than debility itself. The slightest exertion will cause such a feeling of weakness as will depress the patient's spirits, and yet an hour afterwards he may walk a mile or two without any trouble. This is a point which should carefully be inquired into when questioning the patient, for in this case the trouble is irritation

rather than debility. The patient will of course be weak, but this debility is uniform and proportioned to the decrease of muscular fibre; whereas, in the other case, the debility now under consideration is out of all proportion to the emaciation, and is always at its height when there is food in the stomach or bad secretions in the intestines. The distinction between sympathetic debility and actual is worthy of notice, as the treatment must be different; for when it is of a sympathetic nature wine tonics and rich food exasperate rather than soothe the state of existing things.

Having now looked at the symptoms, it is evident to every one that they are too serious to allow of their being endured for any length of time without bringing on other and more dreadful complaints and accidents. The number of these is legion. Among others we may mention melancholia, hypochondria, disease of the brain, disease of the kidneys and liver, and too often death by suicide; the last-mentioned calamity too often arising from patients endeavoring to obviate the disagreeables they feel by having injudicious recourse to bitters. The terrible exasperation of irritability which succeeds when the first effects of stimulation are over produce the greatest mental depression and misery. When there is simply a want of tone in the stomach, bitters, if used with care and moderation,

are serviceable ; but too often they increase in an incalculable degree the symptoms they were intended to cure. The patient can, however, eminently assist his physician by paying particular attention to diet, drink, and exercise. In such cases it is useless trying to bring the stomach back to a proper state of health at once ; it must be brought up step by step in almost imperceptible degrees.

Dyspepsia has by some medical men been asserted to be found most commonly in middle-aged and old men. Too often, however, we find persons of comparatively youthful frames suffering from all its complications. It, therefore, remains for us to inquire into the cause of this great cause of divers ailments. These of course are various. A naturally weakly constitution may first show signs of failing in the organs of digestion ; a sedentary life, where neither fresh air nor exercise is taken, will often bring it on ; late hours, late dinners and suppers, highly seasoned meats and sauces, the immoderate use of bitters, continued gluttony, the constant recourse to purgatives and other medicines when not required, and, most frequent cause of all, masturbation. Indeed, in this last case, if you refer to my lecture on the effects of this detestable practice, you will find what a similarity exists between the symptoms of dyspepsia and the effects of masturbation. In

fact, they are combined in an inseparable degree ; thus showing the close connection existing between the functions of the organs of generation and those of nutrition, and proving how the wasting of that matter which is prepared by the agency of the stomach, reacts upon the nutritious process and functions. In like manner, the early symptoms of insanity resemble many of those of dyspepsia, and most of those of masturbation ; again proving how impossible it is for one part of the frame to suffer without causing debility and decay, more or less, upon all other organs from natural sympathy.

Now, in treating dyspepsia, as in all other diseases, it is very requisite that the medical man should find out the origin of the complaint. Thus, one man may have all the dyspeptic signs which have arisen from sedentary habits, impure air, and perhaps unwholesome diet. Here, then, the derangement arises from a want of supply of necessary constituents to carry on the great work of digestion. The gastric juice does not receive its share of assistance, and becomes torpid. Again, the man who has lived high and had recourse to immoderate stimulants, has irritated and inflamed those internal agents until they are unable to bear the strain upon them. But the unfortunate Onanist has done more than either ; he has drawn upon these creating agents, and, as fast as they have supplied him, he has wasted the most valuable and

costly composition of the human frame. The demand has surpassed the supply. Each time the functions become more and more tardy, and at length he pays the penalty of his folly in the sufferings of dyspepsia; sufferings much intensified, — for all and every part of the frame has been abused, and each in its own class of evils heaps vengeance on his unfortunate head.

Another most worthy point in connection with our subject is the intimate connection between the mind and the stomach. Thus, we find moral causes very much influence it, such as excessive grief, anxiety about affairs, care, disappointment, intense thought; all these, joined to want of exercise or impure air, are apt to produce the complaint of which we now treat. Again; great sympathy exists between the bowels and the skin; thus we find those living in crowded cities are apt to have their biliary secretions deranged by change of atmosphere, while the impure air loaded with exhalations from everything in the animal, vegetable, and mineral kingdoms, is swallowed or kept in contact with the skin; the effects of which are sallow complexions, capricious appetites, and imperfect digestion. This state of things is still further aggravated by the recourse which is had for its relief to high-seasoned dishes and stimulating drinks. How necessary, then, is it for all sensible men to pay attention to my observations upon

this disease ! and how melancholy it is to see on all sides such remarkable carelessness upon so important a subject ! As civilization has increased, so has, also, the host of moral and physical causes of disease, — those causes that are constantly in operation, and which, from their very nature, keep down the powers of digestion below the real standard of robust health ; and yet in the quantity and quality of the food we usually select, we invariably choose that which would tend to impair these organs even if they were in a state of the most perfect integrity.

As an example of the painful nature of the dyspeptic diseases, and in exemplification of the necessity of a correct diagnosis as to the cause, I will briefly give you the following case which came under my treatment. This case, No. 445, was a young man of twenty-eight. He was, as any one could see, in a very critical state. His debility was very great ; the muscles of the trunk of his body were sore even to the touch. The depression of his spirits was such that they verged on melancholic madness. His vision was impaired, and he was troubled with a painful cough, while he suffered from pains of a violent nature. His sleep was so broken by horrid dreams that, as he himself said, he never looked forward to the evening but as to a period of terror and torment. His eyes were yellow and irritated, and his skin was damp

and clammy. He had already undergone a lengthened treatment for dyspepsia, during which he had been tried with calomel, carbonate of soda, rhubarb bitters, and a host of other of the usual remedies, while he had been dieted most strictly for some time. I inquired the cause of his illness, and was told that it arose from a sedentary life and hard mental application. By taking a careful scrutiny into his feelings, symptoms, and examining carefully his every appearance, I came immediately to the conclusion that this was a case originating in masturbation. On subsequent examination I found I was correct. Indeed, the patient, finding that disguise with me was worse than useless, acknowledged having given way formerly to the habit. By treating him first for spermatorrhœa, then, by raising the general system, I was finally enabled to get at disorders of the stomach, which, now that their cause was removed, began to give way to my treatment, and the patient, much to the surprise of others, recovered a perfect state of health.

I could quote many similar cases which have occurred in my practice. Indeed, did the general public outside know or appreciate the number, variety, and severity of diseases which constantly come under the practitioner's notice,—diseases which are entirely of the patient's own contrivance,—they would be apt to ex-

claim with the bard, "*Quantum stultitiæ est in mundo.*"

In conclusion, I would beg of my hearers to listen to the voice of warning,—a warning and advice which, if followed, will preserve them from such difficulties and disagreeables as none but he who has suffered them can appreciate. If, as I have before said, you will only study and then obey the laws of nature, of the system, and of hygiene, you may preserve your health, strength, and energy even up to old age. It is not enough that you abstain from the more palpable and dangerous forms of self-abuse; you must ever pay attention to cleanliness, dress, diet, exercise, and relaxation. Do this, and you will be able to laugh at the terrors of hypochondria, and all those of dyspepsia will be powerless to assail you. And I would especially impress upon the young the close relation between mind and body. Where the one becomes impaired, the other must suffer; therefore the best path to success through life is that which can be trodden alone by sound and robust health. Would that this might be engraven on every heart! And with this wish I now conclude.

51 Hancock St., Boston, Mass.

LECTURE ON DIABETES

GENTLEMEN: The subject which we have under our consideration this evening is one which demands great attention, not only from professional men, but also from the public generally; for when we take into consideration the causes which superinduce them, their painful nature, and their general frequency, it becomes a duty to throw all the light we can upon them. The subject then is Diabetes and other urinary complaints. In a former lecture upon the effects of masturbation I mentioned a number of urinary complaints which invariably followed the detestable practice; amongst others strangury and dysuria. We will, therefore, this evening examine into and analyze these disorders; for the more man's knowledge is increased on physiological matters, the more care will he take to preserve a machine which is so complicated; and as the painful results which must overtake the careless or sensual abuser of nature's laws are placed before his eyes, it will tend to warn him from those pitfalls which, through ignorance, he is liable to fall into.

With these prefatory remarks, we will at once enter upon the first of our subjects, namely, Diabetes. This disease, then, is usually found in the aged, though it may occasionally be met with in young persons. Medical men differ respecting the cause; experience, however, teaches me, and eminent authorities support me in my opinion, that the predisposing and exciting causes are chiefly such as produce derangement of the digestive organs and debilitate the general system, — as the abuse of spirituous liquors, cold applied to the body, immoderate evacuations, unwholesome diet, and the extensive use of mercury; whilst not unfrequently it follows long-continued self-abuse, adding another to the many punishments which attend this detestable practice. The disease itself is accompanied with a considerable discharge of urine, for the most part excessive in quantity, of a violet smell, sweet taste, attended with great thirst and general symptoms of debility. It often makes its first advances insidiously, the patient being affected for weeks without his being aware of its presence. Patients affected have usually voracious appetites, insatiable thirst, a dry, harsh skin, a clammy tongue, a sense of weight about the loins, and frequently their bodies emit a hay-like odor. The kidneys discharge a limpid fluid, tinged with green, like a mixture of honey and water, and possessing a sweet taste, more or less

observable; the pulse beats quicker, the flesh wastes rapidly, and in an advanced stage of the illness, the feet and legs swell, and the skin becomes cold and damp; a troublesome costiveness frequently attends, and sometimes an affection of the lungs. The quantity of urine voided is immense, and I have seen cases where as much as twelve quarts of urine have been evacuated in twenty-four hours.

The immediate cause of diabetes may, in short, be set down to the morbid action of the stomach and the other digestive organs. Its distinguishing feature is the presence of sugar in the urine. The disease itself arises from a deficiency of animal salts in the urine. If, therefore, we wish to cope successfully with the disease and effect a cure, we must stop the original cause, if it still continues, and then proceed to give back to the patient those human ingredients which he lacks. This may be effected, in whole or in part, by dieting the patient on light, easily digested animal food, to the almost total exclusion of every kind of vegetable matter, together with the use of tonic, astringent, and narcotic medicines. Where the patient has been a man of dissolute habits, especially where he has indulged in venery, or, worse still, self-abuse, the disease is always apt to be worse, not only in itself, but it is apt to be complicated with other diseases of a painful nature, which very much

diminish the chances of cure. As we have several other urinary diseases to take notice of, we cannot afford time sufficient to expatiate more fully upon the diabetic disease.

The next evil we come to, in connection with our subject, is the loss of blood during the making of water. This may be occasioned by external violence, as blows or bruises, or the consequence of very violent exercise, or the result of irritation of the bladder, and it may and constantly does arise from excessive self-abuse. Sometimes the flow of blood is so great as to cause an alarming debility. If we find the disease arises from sudden violence, notwithstanding the serious nature of the blow, we yet find much more facility in obtaining cure, than where the patient has gradually fallen into it from excessive self-indulgence. In the treatment of the disease we are of course to guide ourselves by the cause. When occasioned by external injury or violence, the inflammation must be decreased by mild purgatives and diluent liquors. When the result of abuse, the cause must be at once ended, and those parts which have fallen into debility and decay must be again, if possible, built up and renovated. As this malady diminishes, the patient is apt to fall into another affection, which is called incontinence of urine.

This disease may arise from various causes. In very old people, whose organs have become relaxed

from excessive old age, we naturally find it in a greater or lesser degree; and, of course, arising from the natural weakness of senility, is not easily prevented or cured. Where, however, it arises from abuse of acidulous mineral waters, hysterical and epileptic paroxysms, or injuries of the head or comatose diseases, the case is far different. When induced by palsy, the disease cannot be removed, though some relief may be given the patient. And here, again, where the disease arises from sensuality, we find trouble in arresting it, for it then takes the nature of senile weakness. The old man yields to it through weakness of his organs, or weakness produced by length of years. The young Onanist is affected by it from the same weakness of the parts, but a weakness and decay brought on prematurely by excessive indulgence and abuse. It sometimes arises from stone in the bladder. Where such is the case, the stone must be removed. In scirrhus of the gland, the cure is very difficult,—some medical writers affirm to be impossible; but in my own experience, where the originating cause has received its proper attention from the physician, and where the patient himself has sought advice early and followed it closely, cure has certainly been effected from incontinence of urine.

We will now turn to the opposite disease, which is opposite to it in name and nature; this is called retention of urine. There are two dif-

ferent states of the disease, in which the urine is not passed properly, — that wherein the kidneys do not secrete it, or where, after secretion and conveying into the bladder, it is not discharged from that cavity. It is this last affection which is denominated retention of urine. The distinguishing symptom is a swelling at the lower part of the belly, occasioned by the distended bladder, and this accompanied with pain or pressure and lack of urine either partial or total. By examination of the abdomen and the introduction of the catheter, the true state of things may easily be ascertained. It is of considerable importance that every one should pass water whenever he feels a desire to do so. As some persons fall into the habit of retaining it longer than nature intended, the result of their careless inattention to the requirements of nature often ends in what is called palsy of the bladder, and they then, when too late, find out the folly of their habitual disregard of the laws which govern the system. Retention sometimes originates in the more virulent forms of typhus fever. Again, it sometimes comes on from extreme debility, which hinders the patient from completely emptying the bladder, so that he still feels a desire to do so ; this inconvenience increases until at length the patient becomes entirely incapable of discharging it at all ; the bladder then becomes distended and rises above

the pubes. This form of the disease is most common amongst those who have abused themselves by masturbation. The terrible strain upon the organs has so weakened them that they cease to be able to fulfil their proper functions ; and when we take into consideration the extreme delicacy of these parts, and the strain upon them in the wear and tear of natural life, it becomes a matter of wonder, not that they break down under the double pressure and work which they have to undergo, but that they are able to continue to discharge their proper functions as long as they do. When the organs are in a sound state, that is, uninjured by gross indulgence, the introduction of the catheter and the relief of the bladder will frequently be all that is required to cure the disease ; but, in the other case, nothing but great experience and a long course of medical attention will enable the patient to recover what he has sacrificed to the grossest passions. Could men generally see the results of sensuality as the professional man sees them, and could they, with his knowledge, understand the nature, cause, and effect of the ills that flesh is heir to, and fully appreciate the delicate organization and regular functions of each vital agent, how they would start back from the commission of such acts of folly as may inflict upon themselves years of suffering and uneasiness ! And yet it is this very knowledge which must be given to them ; not that professional

knowledge which years of careful study and experience alone give the doctor ; but that general and easily acquired knowledge which may teach man the wonders of his own existence, and that code of laws which governs the wonderful mechanism, and which, like that of Draco, may be said to be written in blood.

To return to our subject. We next find strangury to be one of those evils which are too common among men. Strangury, then, is a constant desire to make water ; which, when made, is attended with great difficulty and intense pain. Like all other complaints, its causes are various. It may arise from inflammation of the urethra, of the bladder, or of other neighboring parts, from internal use of cantharides, excess in drinking spirituous liquors, or from gravel in the passage. It is also sometimes a symptom of gout ; but it is most generally of all caused by the weakening of the genital functions from that terrible self-abuse, the results and effects of which obtrude upon us at every pathological step we take. The application of a blister, in connection with cantharides, will sometimes bring it about, in which case the patient is soon recovered by drinking plentifully of diluent liquors. Here, as in every other class of disease, its continuance and gravity will mainly depend upon the originating cause, and with this the physician must acquaint himself. Thus, if the stran-

gury arise from inflammation, cooling purgatives and fomentations will often bring things to a proper status; if, however, from spasm, opiates must be resorted to; but where it arises from self-pollution, the case becomes graver. The disease in this case has not originated in an inflammation or spasm, which at once may be allayed or rectified; but it has arisen from the feebleness of those vital functions which are necessary to carry on the works of nature. Here, then, we have to build them up, to bring them back to their proper vigor. We have to work on agents which are weak and debilitated, and we have first to raise them up to a certain vitality before we can begin our work of cure. Such cases must needs be more protracted than others. In practice we meet with them so constantly that one would think their frequency would act as a check and restraint, in fact a warning, to others to beware of the results of bad habits. Unfortunately, however, youth, under the present system of restricting physiological knowledge, is not aware of the miseries which they are inflicting on themselves; and therefore it becomes the duty of those who, by profession and experience, are enabled to appreciate the extent of the injuries so arising, to warn the unprofessional public, and by warning and advice lessen the terrible evils which are increasing in our midst.

The next affection I would call attention to is Dysuria. This is a pain, or difficulty in making water, and, like all others, arises from various causes, which require different modes of treatment. Sometimes it arises in inflammation of the urethra, or neck of the bladder; sometimes from spasm, in which case we must use anti-spasmodic treatment. If from stone in the bladder, it cannot be cured until the stone be removed. And again, it often arises from the debilitating nature of self-pollution; in which case, as in the former one, and for the same reasons, cure will be retarded until the system is in part restored to a proper state of vitality. In some cases the pain is more severe than others, being sometimes so intense as to cause the patient even to 'shriek with agony.

As many of the urinary complaints owe their origin to inflammation of the kidneys or bladder, we will now turn our attention to these serious complications. Inflammation of the kidneys is marked by uneasiness, a dull pain about the loins, and sometimes stupor; the urine becomes of a reddish color, often bloody, and is voided frequently in small quantities; the disease is attended with vomiting, costiveness, difficulty of breathing, and coldness in the extremities. The mark-worthy point in the result of this disease is that, if it attack severely a person of broken-down constitution, it most commonly gives rise to dropsy, either ~~exter~~

nally or of the abdomen, and, in such case of feeble vitality, it often terminates fatally in apoplexy. This disease may be induced by cold, by the use of powerful diuretics, by excessive drink, by contusions and sprains and gravel; but one thing must not be lost sight of, and that is, that in most cases the kidneys are in a diseased state from some other cause, and it is that which makes them liable to inflammation. In its treatment, the disease requires prompt and early attention; for, if neglected or mismanaged, an irremediable disorganization of the kidneys ensues, which finally terminates in death; while, again, much will depend upon the patient's constitution, and the medical man must guide himself by this, as the remedies to be employed in the case of strong, robust, and weak, debilitated systems are very different. And here again do we find remarkably exemplified my remarks about the necessity for obedience to nature's laws. If the patient has been a man who has respected his health and strength, and has never given way to abuses of any kind, but has carefully preserved and cherished those qualities of body and mind which Providence blessed him with, now, in the hour of sickness, when disease has thrown him down, when his energies have become torpid from the exhaustion of the malady, and when death seems ready to seize upon its prey, — then it is that unabused nature arises in

its majesty to grapple with the stern king of terrors ; then it is that he reaps the full benefit of his temperance and self-control, and the physician has the satisfaction of seeing his own efforts warmly seconded and supported by that greatest of all recuperators, Nature. How different is his case who has run the round of guilty pleasures, sapping his health and wasting his energies ! Now he falls upon the bed of sickness, and looks with imploring eye upon that medical science whose warnings and exhortations he has so often despised ; but, alas ! it is now too late. In vain the physician tries to rally the exhausted frame. Nature, too long abused, lies torpid, unable to make even one vigorous effort at restoration, and so follows dropsy or apoplexy and death. The world sets down another victim to disease, but truth records another victim to sensuality and self-abuse.

From inflammation of the kidneys we will now turn to inflammation of the bladder : this is indicated by a sense of tension and pain in the situation of that organ ; there is a frequent desire, and considerable difficulty in discharging the urine, often a suppression entire, with frequent ineffectual efforts to evacuate the bowels, occasioned by the irritation extending to the rectum. These symptoms are attended with fever, sickness, and vomiting ; great anxiety and restlessness, sometimes delirium, and clammy perspirations ensue. The lining mem

brane of the bladder is likewise occasionally affected with a chronic inflammation. In such a case, there is a dull, uneasy sensation, frequent desire to pass urine, which is generally thick from being loaded with mucus sometimes bloody; or, if ulceration has set in, it is mixed with matter; the coats of the bladder often, when affected with chronic inflammation, thickened, indurated, and otherwise disorganized, giving to the patient great uneasiness referable to these parts, and causing a constant inclination to urinate, or a total suppression of it. Here, again, the medical adviser must carefully consult the patient's constitution; he must be careful to work with nature at every step and stage of the disease. The causes which lead to this illness are of course varied. Unlimited sexual indulgence, whether natural or artificial, but more especially the latter, will often bring on this train of symptoms. The disease is itself generally amenable to medical art. If, however, not carefully treated, it may be apt to return, in which case danger is incurred, as the constant repetition of inflammation of the bladder is likely to superinduce a long train of evils which may be incurable.

Having, in the course of my remarks, touched several times upon stone and gravel, it may be as well, whilst on this subject, to give them some share of attention. Urine, then, is in a state of health one of the most compound fluids which there

is ; it consists of various acids, alkalies, calcareous earth, and other materials. It is natural, therefore, that when exposed, as man constantly is, to deteriorating influence, a change should often occur in the urine, and the natural affinity between these various elements which compose it be subverted and give rise to a deposition of one or other of them. When this occurs it produces the complaint called gravel. The markworthy feature in gravel is that there are two kinds, one red and the other white, and, as they proceed from different causes, they require a different mode of treatment.

Red gravel disease is highly inflammatory. In the white gravel the symptoms are more distressing and give rise to great irritability of the system and derangement of the digestive organs generally ; the face becomes sallow and haggard, and, as the disease spreads, symptoms analogous to those of diabetes begin to appear, such as languor and depression of spirits. The predisposing causes of gravel are hereditary tendency, general indolence, or a sedentary life, excessive indulgence in fermented liquors. The chief cause, however, is in a want of constitutional vigor. A cold and variable climate often becomes a cause of this complaint.

Stone, or calculi in the bladder, is a much more serious complaint. They differ much in form, size, and color. The symptoms attendant are a sort of itching along the urethra, particularly at the end

of the glands, frequent propensities to make water, pain in voiding the urine. But as all these symptoms are to be met with in other diseases, the careful surgeon will not decide there is a stone in the bladder until with a sound—a polished steel rod—introduced through the urethra he has actually felt it. This disease, though a serious one, yields to skilful treatment. When, however, it obstinately refuses to be cured, but one measure remains, and that is by extraction. The operation is, however, a dangerous one. The size of the stone is sometimes very large.

Time will not allow of our protracting our subject any further. Enough has been shown to convince the most careless observer that we in a great measure hold our life and health and strength in our own hands, if we obey the dictates of reason,—that reason which was given to enable man to shun things hurtful and improper. If we obey the great laws of nature, and neither abuse our strength by actual abuse or neglect, then shall we enjoy a state of comfort and happiness that will make our life here below pleasant and comfortable; and then, when dark clouds of disease and sickness throw themselves upon the frail bark of life, the guiding hand of nature, aided by medical science will pilot the bark over the wild, tumultuous waves to a harbor of recovery and health.

51 Hancock Street, Boston, Mass.

LECTURE ON INSANITY.

GENTLEMEN : I have the honor to inform you that Dr. Jourdain's lecture on madness will be read this evening. As delivered by him in England and Paris, of course there are many technicalities and long scientific observations which will not be intelligible to the unprofessional public; therefore Dr. Jourdain has simplified and abbreviated much which otherwise might have seemed unintelligible to the present audience.

Gentlemen, our subject is madness. Now, what is this frightful calamity which assails the human frame, and whence comes it? If we look back into past history, we find that the disease, as a whole, is by no means modern. Thus, the greatest of ancient times, and many others, suffered under its partial or concentrated influence; but if we turn from the past to the present,—that present with which every medical man is, or ought to be, more interested than the past,—then we find (even allowing for multiplicity of inhabitants) the disease frightfully increased; and what is the reason of this increase? Some have

declared that, as civilization advanced, the strain upon the brain increased, and also the weakening effect upon it from over-indulgence ; others, that as families married and intermarried, the blood became degenerated, whence proceeded madness. But, alas ! however satisfactory to some superficial medical observers this diagnosis or theory might appear, we ourselves require far more tangible reasons, and, in looking for them, in practice have found sufficient to confirm the assertions of some medical writers, and to refute the works of others.

The brain of man is that portion of him which, by its delicate organization, its superior powers, and its extra nervous force, lords it over the rest of the body, and exalts the creature to a nearer resemblance to its Divine Creator. The brain itself is an agglomeration of delicate cells in intimate connection with minute tubes or filaments, which communicate impressions made upon the cells at one end to those which lie on the other. The mass may be generally called the nerve apparatus. But it may be asked for what purpose is this apparatus ? Its purpose is the perception of sensations of all kinds, the power of comparing these sensations, the power of combining them so as to form fresh imaginations, and the power of feeling emotions and propensities. The activity of the vesicular nervine is the occasion of all these capabilities. These little cells of the brain are

what is called the mind, the agents of our sensations, and thoughts, and desires. The gray substance of the human brain contains millions of vesicles lying in a semi-fluid, granulated substance, and bound together by a minute network of blood-vessels, and fine areola tissue. Now, the mark-worthy points in the relative position of the brain-cell are, first, its proximity to the nerve-tube from which and to which it conveys impressions, the taking of which causes its exhaustion. Second, its proximity to the blood capillary, which exudes a plasma in which the cell is bathed and renovated, and from which new cells are formed to replace those which are finally exhausted; so long as the brain is acted upon by the rest of the body regularly and properly, so long will the brain-cells be renovated by a natural arrangement; but when excessively stimulated, the renovating power is not sufficient to keep pace with the exhaustion, and so diseases of the brain are engendered.

In speaking of the brain, so far we have merely touched upon the brain proper, or convolutions of the cerebrum. The cerebellum and central masses of gray matter are subservient to motion alone, or by impressions upon the nerves of sensation; whilst the medullary substance of the brain is merely a conducting medium. From this we find that disease may exist in these without necessarily

destroying the mind. Sensation may be affected, but judgment may be left intact.

Having shown the delicate construction of the mind, and its close connection with every vital part, it must evidently be apt to be injured and impaired ; and yet its renovating powers are such, that in reality it is, unless very much abused, almost more powerful than any other part. When from any cause it does become injured, then madness, of course, occurs, and it becomes the medical man's duty to discover the cause, remove it if possible, and then assist nature in renovating the parts injured. The most difficult, or rather that which the greater part of the medical faculty think the most difficult, is in the discovery of the cause and its removal. Those, however, who have, like myself, made a specialty of the diseases arising from solitary or sexual abuse, and have a large experience in such matters, seldom find much difficulty in finding and pointing out one of the greatest causes ; and I am happy to say that the fact is now becoming generally recognized. However, we find the talented and learned medical keeper of the Asylum of Devonshire, and editor of the " Journal of Medical Science," in his otherwise excellent work on madness, gives the following table of causes of madness. He divides them under two heads, namely, physical and moral ; a division which must be open to objection, as they are so inti-

mately connected as often hardly to allow of definition and separation. Mr. Parcleappe has also, I see, done the same thing.

Dr. Tuke says, from his experience, the physical causes of madness bear this proportion to each other :—

<i>Physical Causes.</i>		<i>Moral Causes.</i>	
Epilepsy,	68	Disappointed affections,	53
Intemperance,	164	Domestic troubles,	241
Vice,	40	Grief,	88
Injuries to head,	4	Religious excitement,	56
Disease of the brain,	14	Political excitement,	34
Other diseases,	18	Wounded feelings,	84
Uterine,	45	Fright,	48
Old age,	8	Over study,	8
Mercury,	3		
	364		612

Now here, at once, without any explanation, we see at a glance that the table, as to the cause, is a very imperfect one. The actual* leading cause is given, but the original and primary one is lost sight of. I will, therefore, give you the result of my own experience and inquiries; and I can point to eminent authorities who have not only agreed with me fully, but have even quoted from my own published report. At the Asylum of St. Gore, the cases ran similar to that of the Devonshire above quoted.

Although the numbers were larger, the causes bore the same relative proportions to each other. But on close inquiry I found that in addition to

the large number who were lunatic from actual self-abuse, upwards of one-third of the epileptic cases had originated in masturbation. Nearly one-half the intemperate, the same; disappointed affection, two-fifths; religious excitement, very nearly three-fourths; wounded feelings, two-thirds; and of over-study I found every individual of these had weakened his brain by vicious indulgence.

How absurd is it to argue for an instant that that godlike brain which is naturally so active, so powerful, so indefatigable, should be broken down by the griefs, trials, and cares, which are of every-day occurrence! If we acknowledge these to be actual causes, why do not thousands more of our fellow-creatures break down and retire to the asylum when grief, trouble, love, excitement, or wounded feelings overtake them? No, gentlemen; the brain has suffered either from hereditary taint, injury, disease, or, most prolific cause of all, masturbation; then, when overtaken with the usual trials of life, it has no power to meet them.

To return to my report on St. Gore: by carefully following up my inquiries, I found that whereas only about one-tenth of the patients were the actual victims of self-abuse, upwards of one-half of the whole number owed their insanity, originally, to this fearful practice. On the authority of the Thirteenth Report (Victoria, Australia), we find one hundred and forty-five cases

are set down as the direct result of masturbation. It goes on to say, this secret vice produces the very worst form of insanity; because after insanity has supervened the crime is continued, and hence the energies are more prostrated. Again, we find that out of two hundred and seventy-one males and twenty-nine female patients from this detestable practice, upwards of one hundred and ninety-seven males are hopelessly incurable. In all the reports on lunacy that have come under my notice, and in all my large experience, I have never heard or seen where a medical man has lost his reason from this cause; thus proving that a physiological knowledge will always act as a check and a restraint.

We will now turn from the causes of insanity to an examination of its different forms. Before doing so, however, I think it cannot but be interesting to cite a case in point, showing where madness had been set down to the wrong cause, and the impossibility of cure while such is the case. The case was one in Dr. Burnet's private asylum. The patient, a man of about twenty-six, had been of a studious mind, and, after being at Oxford, was sent home, study being injurious to his health. His faculties soon became impaired, and he was placed in Dr. B.'s hands. So far from becoming better, he seemed fast sinking into a hopeless state, when his parents, who

were wealthy, determined to get other advice; and several eminent medical men consulted on the case, apparently without coming to any definite result. At this period, the father happened to come upon one of my published lectures upon emotional insanity, and I was forthwith invited to join in consultation. I found that all my confrères accepted as an established fact that the disease was the result of an overtaxed brain. I, however, would only accept it as an effect, and, after a careful examination, proved not only to my satisfaction, but, what was better still, to the satisfaction of my colleagues, that this was the result of Onanism. The patient was forthwith placed under my charge, and by changing the treatment and exercising a strict surveillance over him, he was restored to sanity, and as far as I know, has never relapsed.

The various forms of insanity have been differently classified by different authors. Amongst these, Dr. Arnold has given an elaborate table of distinctions. But my own experience shows that he has rather specified the different results arising from forms of insanity than the actual symptoms themselves.

Dr. Tuke's classification comes nearest to my own views upon the subject; but he again afterwards fails in classifying the original causes. His table runs thus: Class 1. The intellect, — forms of

insanity, idiocy, imbecility, dementia, and monomania. As the disease increases, delusions, illusions, and hallucinations. Class 2. Arise from moral sentiments, — moral idiocy, moral imbecility, moral insanity, melancholia; further developments, religious, hypochondriacal, nostalgic. Class 3. Affect the sentiments, and come under the head of mania, which may be subdivided again into six different kinds, such as homicidal, suicidal, dyspnomania (or excessive love of drink), etc.

As my hearers may not be able to distinguish between these different forms, I will briefly define them. Idiocy proper is that form of madness where every appearance of thought and understanding is entirely blotted out; imbecility implies a childishness; dementia is marked by the abolition, more or less marked, of all the senses, intellect, and will; moral imbecility is that imbecility arising from moral causes, chiefly masturbation, or intemperance; moral insanity is a more active and ardent form of the former; whilst melancholia is a state of utter hopelessness and constant fear, chiefly arising from self-abuse, or else the result of incipient madness; mania is the most ardent state, and takes the form of murder, violence, and outrage. Time and space will not allow us to go into minute details. I must therefore confine myself more particularly to the principal cause and causes of insanity, — that first link

in the chain which has not sufficiently been inquired into by the general faculty. Thus we find the great Dr. Connally, in describing cases of melancholia, says their chief propensities are indolence and indifference; they exclaim, "Once I was industrious, now I am worthless; the world is changed; it does not seem as it used to; all good has gone out of me." Young men and women thus affected cease to be interested in anything; they are averse to going into society, they shun everybody; one propensity alone remains, that is, self-destruction. Long afterwards, the same writer acknowledged that these symptoms were inseparable from long-continued self-abuse. At that time he ignored it. We have before said that whilst there are forms of madness the actual result of self-abuse, there are others which have arisen from other causes, themselves originating in masturbation. Thus Esquivel classes some of these, though unwittingly, under the head of reasoning monomania. He says we distinguish three periods in it. In the first, the disposition and habits are changed; memory fails. In the second, the affections are perverted. Third, a weakening of the faculties leads the monomaniac to dementia. Of the numbers of cases of reasoning (so called) dementia, which have come under my own practice, I have met with but three who had not been reduced to their state by self-pollution.

A very interesting case occurred, where the symptoms baffled several highly esteemed physicians, entirely owing to their having preferred the old beaten path of practice on insanity, instead of studying moral causes and physical for themselves. A gentleman holding a high position in England, possessed of wealth, and married to an excellent wife, had gradually fallen into a state of absorbing melancholy; which, although causing pain and uneasiness to his family, was not supposed to be serious, and was thought to arise from care. After a while, however, he evidently grew worse, spent restless nights, frequently talked to himself, shed tears, and evinced a perfect indifference to his wife and children. Medical advice was called in, and, after some consultations, it was decided that his was a simple case of melancholia. Under the treatment he received, a slight alteration for the better took place. He then relapsed into a state of delusory insanity, — imagined himself dead, his wife married to somebody else, and he, in spirit, compelled to witness her connubial enjoyments. The case becoming more serious, other advice was called in, the affectionate wife refusing to allow him to be taken to the asylum. Notwithstanding every effort, the patient was evidently becoming worse, — in fact, lapsing into a stage of mania which might be dangerous to life. At this stage of the disease I was admitted to

consultation, and immediately recognized the primary incentive. Still not one of my confrères seemed able to decide. In fact, they had busied themselves more about the symptoms than the cause; thus rather lopping off the branches than striking at the root of the disease. The three causes, however, which seemed to find most favor with my colleague, were over-mental exertion, intemperance, or the effects of severe illness. I immediately sought an interview with the patient, and, although careful to avoid all appearance of medical interference, I could see, by his shrewdness and suspicion, that his faculties were rather unduly excited than impaired; and I soon found that the whole of his derangement lay in some exciting and depressing object upon his brain, resulting in some physical cause. With some difficulty I got him to place himself under my care, and soon discovered, by examination, that the patient was impotent, his testicles being fearfully reduced. By the judicious use of baths and medicines, I succeeded in arresting the terrible mental excitement, and as this became sufficiently allayed to allow of kind and soothing conversations upon his state of health, I succeeded in calming the fearful despair which had assailed him: hope once more took the place of terrible gloom; his spirits began to rise; and the most affectionate letters began to pass between him and his wife. He seemed, as he

himself afterwards described it, to have suddenly awoke from a fearful nightmare to the bright and brilliant light of broad day. Acting upon my advice he remained with me a few weeks longer, and then went back home physically and mentally well.

Now, this case was not the result of any wonderful improvement or discovery either in medicine or medical art. It was simply the result of experience in detecting and removing the true cause of disease; and this, gentlemen, is the Alpha and Omega of every curative system. In this case, had not the terrible results of self-abuse been a specialty of mine, I, too, would have failed, as the others did, in my diagnosis, and this unfortunate gentleman would now be in an asylum or his grave. How necessary is it, then, for us, to instruct our medical students in a more comprehensive course of study than at present exists! How imperatively necessary is it for us, as exponents of medical science, to inquire into and discover and discriminate between cause and effect! Within the last few years a general examination into insane statistics shows a fearful increase of nearly twenty-five per cent., while the moral causes of insanity are more than double the physical. Some writers have set down much of this increase of moral insanity to the use of sensational writings, religious revivals, and the

wear and tear of speculation; but if we accept these as results, why has not the number of insane increased fifty per cent.? Why do so many read books, attend revivals, and push on a furious trade without injury to themselves? The reason is because their minds and brains are strong, unimpaired by that enervating influence which is sapping the mental faculties of so many. And what is the cause which is thus eating into our national intellect? That is the subject for medical attention, and until it receives the amount due its importance, the statistics will mount up, in spite of all the restoratives and alteratives of the most copious *materia medica*.

It is with considerable satisfaction that I read to you the following extract from a letter, written by the talented medical superintendent of the Insane Asylum at Havre: —

“DEAR SIR, — A case of a painful nature came under my treatment some time since. The patient, a young man aged twenty-nine, was placed under my care, he having become insane through reading the French translation of the works of Doctor Cummings. Up to that period, though of a melancholy and absent frame of mind, he had never evinced any mental alienation. After this, however, he was seized with the most vigorous form of religious mania, fancying himself the subject

of sacred prophecies, and the object of Satanic possession. My endeavors to soothe and relieve him were, however, useless, when having fortunately met with your lecture, entitled, "Causes of Religious Insanity" (which at the time of my first reading I did not entirely agree with), I determined to adopt your own course of inquiry into the cause, and found that this was another of those melancholy cases which medical science has too often overlooked. The result was that, — thanks to your valuable advice, — I was enabled to restore his mind to its proper balance, and his body to that state of health which his own sensuality had nearly deprived him of."

I read this letter, especially as the author of it had, at the first appearance of my lectures on this subject, been not only very dubious of, but even very much opposed to, the reformation I sought to introduce.

There is another important fact, and one which in itself carries conviction as to the chief cause of insanity, and that is that the unmarried insane are infinitely more numerous than the married. By statistics taken from the census of the population of England of 1857, the number of married persons is double the single; and yet of patients admitted to the asylum we find the unmarried in the majority. What, then, is the cause of this? Mar-

riage certainly increases the cares and trials of life, and one would therefore be led to suppose that it would rather tend towards insanity than otherwise. The cause evidently is, then, the frequency of solitary vice and masturbation among the unmarried. Again, we find the number of suicides far greater among single persons, — another distressing proof of the cause which leads to it.

We will now examine the painful physical results of masturbation; and the very appearance and number of them will be sufficient to convince every professional or unprofessional person that they cannot be suffered long without producing insanity in one form or another.

The results, then, every Onanist must sooner or later experience, are loss of memory, nervousness, restlessness, lack of energy, want of judgment, want of purpose, confusion of ideas, aversion to society, depression of spirits, excitability of temper, moroseness, cowardice, listlessness, pains in the head, pains over the eyes, frequent sighings, secret dread, broken rest, want of confidence, dimness of sight, confused noises in the head, and constant suspicion. Such are the symptoms, gentlemen, which follow masturbation, and so also are they the symptoms which precede madness. Who, then, can for a moment wonder what is the origin and reason of the in-

crease in lunacy? The reason is, gentlemen, — and let the words be engraved on every human heart, — that our young are giving way to the horrible crime of self-abuse; and if we wish to check this terrible torrent, which is sweeping away thousands of our best and brightest youths, emaciating their frames, and breaking up their godlike intellect, we must labor in the cause of physiological reform. Every father of a family must acquaint himself with physiology, and must impart its greatest lesson to his children.

And now, gentlemen, in conclusion I would add, that having, by a long experience gained by an extensive practice on this very subject, learned the fearful extent of this evil and the multifarious disasters which befall the human race therefrom, — disasters which are of such a magnitude as to affect even the natural existence of the present race, — I determined to devote myself to the great task of ameliorating the existing evil. For this very purpose, then, I have opened this institution, the mere examination of which must impart valuable knowledge to all. And I have also prepared lectures on all those different subjects which are intimately connected with our health, happiness, and welfare. Sincerely hoping, therefore, that my objects may be attained, and that hereafter numbers will look back to this institution and these lectures as the hand-board which

directed them to the road of health, honor, and happiness, and warned them from that path which must end in ruin and destruction, I now conclude this lecture.

51 Hancock Street, Boston, Mass.

LECTURE ON THE VOICE.

GENTLEMEN: I rise to address you on subjects which it is the duty of every person who has the use of his faculties to study and to learn, — yes, I might even say his sacred duty. Years and years have men suffered, and languished, entirely owing to the ignorance which generally exists on those subjects which intimately concern the human body. Science has with prodigious strides advanced some subjects and has left other and even more important ones unrecognized. The mighty mind of man has concentrated upon these subjects, ignoring others; nay, not only ignoring, but even sometimes laughing to scorn the efforts of those few good and philanthropic men who have endeavored to bring the matter into general recognition. Such has too often been the fate of those who, by books, diagrams, and lectures, have striven to teach the human mind about the corporeal care which envelops it. And does it not seem strange that that which is the most intimately connected with our health, happiness, and welfare should invariably be the subject on which few bestow the slight-

est attention? And what, gentlemen, is the result of this apathy and carelessness? The result is that thousands and thousands of persons either suffer in body or mind. Not only are they apt to destroy themselves by vicious habits and abominable abuses, but they are also apt to injure themselves seriously by inattention to the laws which govern the system. Therefore, gentlemen, a physiological knowledge is essentially requisite to all. It will tend to keep youth from that abominable soul and body destroying habit, masturbation. It will cause him to abandon it if he has already fallen into the dark and loathsome pit. It will cause him to shun the loathsome evils of sensuality and immorality. It will cause him to respect that wonderful machine which God made in his own image, and compared to which the greatest work of man is but as dust in the balance. Is this, then, a subject unworthy of science and public attention? Is it to be kept hidden and secret, and locked up when thousands of fellow-creatures are imploring for it,—ah! imploring for it, not with hands uplifted and voice upraised, but with the much more touching though mute voice which pallid cheeks, and sunken eyes, and forms tottering to an early grave, sadly, solemnly express? No, gentlemen, the onward march of progress, that great unseen power which sweeps away abuses from the earth and opens out

to man fresh fields for human intellect to wander in, will break down the walls which ignorance and false delicacy have built to hedge it in; nay, more, will even eventually compel every man to attain the required knowledge.

For the very purpose of giving to as many as I possibly could this invaluable knowledge, I have opened this institution, prepared lectures on various subjects of peculiar interest and extraordinary importance. These lectures will be read nightly, and will in their course embrace all that extensive range of subjects with which it is every one's duty to become familiar. Having premised this much, I will at once enter upon my subject.

The first branch, then, of the lecture is upon that power of man which enables him to converse, — the voice. Now, here at once we come upon one of those subjects which so few take notice of. Ninety-nine men out of one hundred have this ability of speech, and yet not one of a thousand has ever troubled himself to think how the sounds were produced. First of all, then, the voice of man and animals depends on the form and structure of the larynx or upper part of the windpipe, and on the opening to it called the glottis. Man's articulation, therefore, is produced by the muscles of respiration, the tongue, the teeth, the palate, and the lips. The glottis has been proved to possess the properties both of a

wind and a stringed instrument, as its opening or chink can be enlarged or contracted, and the ligaments attached to it can be more or less stretched; but the voice can be so varied and complicated in its tones that it would be a difficult matter to explain all the peculiarities.

According to Halles, the eminent authority on such matters, the organ of speech is nothing more nor less than a musical instrument. He says that the sound entirely depends upon the tension of the strings, and not in the enlargement or diminution of the aperture. Now, in wind instruments we can gain an octave with the same aperture by shortening the tube. So also is the sound changed in the larynx; the muscles produce tone by tightening the strings. If we attend to the construction of musical instruments, we find that the strings are not the cause of the tone; tone arises from the vibration of the wood by which the strings are surrounded. Thus we find it in the harpsichord and in the fiddle. Now do the strings give the sound? No, certainly not. The wood gives the vibration; this communicates with the air, the material, and the result is sound. So is it, gentlemen, in the tone of voice; the strings do not give the sound, but split it up; then the current of air is split up into different channels, and so also the current of sound is subdivided. This subdivision, then, and splitting up of sound, are

necessary for articulation of words. From inquiry into, and study of, this wonderful construction, resulted the effect of teaching deaf men how to speak. All vowels, which are notes of the voice, are made in the larynx; labial consonants are produced by closing the lips, while the lingual are made by the back part of the mouth. Again, the dentals are caused by the hissing through the teeth, like S and T. So delicate and complicated a construction as the machine which enables us to speak must necessarily be easily affected or hurt. Thus, cold attacks the larynx, and at once makes us hoarse; fevers loosen the strings, and of course weaken its powers; fear and surprise will even take it away. Such being the case, how careful, gentlemen, ought every one worthy of the name of a man to be of that power which at once places him above the rest of the animal creation, and enables him, as an orator, a musician, or even as a good and honorable mortal, to influence, inspire, teach, and comfort his fellow-creatures! And yet, gentlemen, how many a bright and brilliant youth, — one who might have led the counsels of the nations and held multitudes enchanted by his eloquence, — how many, I say, have thoughtlessly, foolishly, and wickedly destroyed or impaired these great talents by the commission of vicious acts! Syphilis, that scourge whose origin none know, but whose direful effects

most men are aware of, — ah ! and some to their sorrow, — at once if it proceeds any distance in its secondary course, impairs or destroys this precious boon by eating and corroding the roof of that temple which contains one of the greatest gifts of a merciful Creator. Look, gentlemen, at No. . . . and you will see how that scourge of sin has destroyed the able work of the Divine Architect.

No^t, gentlemen, I will not go the length of saying that a knowledge of that divine mechanism by which we move, and have our being, will always, or even generally, deter men from the commission of sensual sin ; but I do hold, and that decidedly, that the more we study this great science, and the more intimate man's knowledge of himself becomes, the more careful will he be in his actions, and the better care will he be apt to take of a machine which is so intricate, and so delicately constructed, as is the corporeal frame. If we, as physiological leaders, neglect to raise our voices in warning and exhortation, then there is but one other great teacher on this subject, and he will thunder forth a direful eloquence to countless multitudes, — multitudes who will shudder at that teacher's experience. But, alas ! gentlemen, he comes to us, not as a gentle and patient instructor, but too often as a fierce and terrible judge, armed with the frightful lash of bitter reminiscences and terror-inspiring recollections. Shall, then, the philan-

thropic and enlightened nineteenth century fold its hands where so great a field for labor and reformation is lying desolate?—a waste filled with prowling fiends lying in wait for innocent youth or incautious middle age. No, gentlemen; though prejudice and false delicacy may, nay, will raise its puny voice against our efforts, yet a consciousness of right and the onward march of reformed science shall support us in the effort; and if but one innocent victim is snatched from the jaws of soul-consuming despair and unutterable remorse, then even will I consider myself repaid for my endeavors. Do I say but one? I trust and I know, that, as the magnitude of the horrors, which must sooner or later overtake the sensualist in his crime, is placed before the young in the bright and powerful light of truth, so many parents will not weep over the early and wretched graves of those who might have been as angels, but who have sunk to the lowest depths of despair. So many unfortunate, broken-hearted wives will not sob and lament over those who might have surrounded their hearths and homes with the sunshine of love, peace, and domestic contentment, but who have gone, leaving behind them poverty, disease, wretchedness, and dishonor. Let, then, the loud, ringing voice of science, of medical knowledge, clash through the land, until the voice of undisguised truth has exhorted, has warned,

has saved the lives of men; and what better footprint can we leave behind than that which has been trodden in the paths of progress and philanthropy, — trodden whilst conveying comfort and hope to the lost and wretched sensualist, whilst sounding the tocsin of warning to ignorant and unprotected youth?

Then, gentlemen, let us one and all do what in our power lies to promote this good work. Hitherto I have touched lightly upon this evening's subject, for my aim is to save rather than condemn; to lead the profligate back to the paths of rectitude, virtue, peace, and happiness, rather than, by harshness and severity to hurry him on his downward course; but on that part of my subject which I am about to enter, it is my duty to speak emphatically, solemnly, and truthfully. The subject is one of vital importance to the young, — of such importance, indeed, that words cannot suffice to express it; and yet it is one so filthy in its practice, so abominable in its deed, and so soul and body destroying in its effects, that it is a painful task even to touch upon it; but, alas! daily experience — ah, how sad an experience! — teaches us that we must shake off the thin veil which an ultra and false delicacy has thrown around, and expose the deed in all its frightful aspects. The subject, gentlemen, is that fearful, abominable crime which is filling our hospitals with patients,

our asylums with idiots, our streets with pitiable wrecks of manhood, and our cemeteries with the graves of those we loved ; that crime which called forth the Almighty wrath to destroy Onan ; in fine, gentlemen, that crime of crimes called masturbation or Onanism.

The subject itself, without painting its deplorable and filthy details, is abhorrent to all well-constituted minds. But, gentlemen, we have a duty to perform. That duty is to find out, and, by exhortation and warning, to recall such poor unfortunate beings as have been lured by this most horrible of demons to the brink of everlasting ruin, both in body and mind. Such a duty I have to perform, and I will do so without mincing the truth. First, the word masturbation is derived from two Latin words, *manus*, the hand, and *strapo*, which means fornication ; the word then means the act of fornication as committed by the hand. It is that filthy habit which young persons of both sexes are liable to fall into through ignorance and temptation. It is that soul and brain destroying habit which, alas ! is too much practised all over the world. At an early age, perhaps of eight, ten, or twelve, by bad associates, the youth is first initiated into the horrid mystery. At that age, under the present system of keeping back from youth all physiological knowledge, the child probably looks upon it as a pleasant, I might almost say, an innocent recrea-

tion. As he grows older, what was done merely for experiment, or, perhaps, to be in fashion with his vile and older associate, becomes by repetition a regular habit. Lassitude, weakness, dizziness, loss of recollection, and timidity, cause him to think that something must be wrong. A doctor is called in; he is questioned, of course; the lad carefully conceals his practices; though not ashamed to commit the offensive deed, he is yet too modest to talk about it. The doctor shakes his head; the symptoms are not sufficiently marked as yet to allow of his deciding on the true cause. The verdict is given, — stomach out of order, or cold, or too much hard study. Under the influence of medicine, he temporarily feels, or fancies himself, better. Then the disease again assails him. He shrinks from company, he almost trembles at the idea of a rough-and-tumble game with his tougher comrades; and, at the prospect of a fight, his cheek blanches, his lips quiver, and his heart almost chokes him with its throbs. Then he begins to feel melancholy. Strange ideas of early death come over him, and he wanders about in a state of semi-unconsciousness. The habit grows deeper upon him. Still, if he have an idea it is his fatal habit which is injuring him, yet it is but a faint, glimmering idea. And so it continues; his mind, conjuring up filthy and unholy thoughts, feeds the fire which is steadily and surely wasting

his strength and energy. He looks back upon the time when, even as a child, his heart beat with boyish, yet great and lofty aspirations. Now all seems dark and gloomy; he feels as though he were different from others. He, in his wretched soul, arraigns the Almighty for refusing him those qualities of courage and strength he sees around him.

Such, then, are a few of the sufferings which must attend the victim of this unhallowed crime. Great as they are, and sad as we as human men must feel in seeing them, yet they are nothing but the just deserts of the sufferers. What better can any man expect who with his own hand defaces and destroys that beautiful form made in God's image; blots out and obliterates those great mental faculties, which, under other circumstances, might have raised the happy possessor to the highest pinnacle of fame; destroys that creative power which might have given to posterity great and talented beings,—beings who would have been a boon to the age they lived in,—and blackens and damns a soul born to wander in realms of happiness? Alas! gentlemen, experience teaches us that this is a world of sorrow and suffering; but how true it is that two-thirds of these are of our own contrivance! Those who give way to this abominable vice at once deprive themselves of those calm and peaceful domestic joys which are the best and highest gratifications

a mortal can enjoy. Of all the boons a merciful Providence has given to man, a loving and faithful wife is perhaps the greatest. How miserable, then, must be the fate of those who by their crimes render themselves unworthy of a woman's regard! He now begins at length to find out what is the cause of all his terrible sufferings; but still shrinking from publicity, and not fully appreciating his frightful condition, he attempts to battle with the enemy alone; but, alas! that strong will which once would have held him to the path of rectitude and virtue is so weakened by vicious indulgence that the task is a hopeless one, and he sinks back into his abominable practices, till at length he ends his days a drivelling idiot, or shrinks away from the bold and stern fight of life into a miserable grave. He sleeps the sleep of eternity; but, alas, not that state of repose where "the wicked cease from troubling and the weary are at rest." No, no; other and more fearful punishments await him. But on this subject we must not expatiate. Our task is a practical and physiological one; our duty to save only physically and mentally; our lessons are confined to this world. We have shown you the general apparent results of this crime, — results which, alas have largely come under my own experience. I will now show you the actual physical and local results arising from this detestable practice.

As my object is to instruct and exhort, I endeavor to avoid as many of those long-sounding and, to the bulk of the people, unintelligible words which most medical men make use of in their lectures and writings. I strive to make myself intelligible to the meanest capacity, and therefore trust that the course of lectures delivered here, together with the exhibition of these models, may be a blessing to many. We have seen, gentlemen, the effects of this horrible, destroying agent; let us now consider why these results are brought about. Now the reason is this, — that whereas the organs of generation are made to perform the wonderful functions of procreation, their structure is of the most delicate mechanism; they are, as it were, a physical centre, hence and whence all the functions and essences, so to speak, of the body congregate and emanate; therefore they have, by means of veins, arteries, and nerves, connection with every vital part, such as the heart, the brain, the lungs, and the intestines; in fact, these organs of generation are, as it were, the very main-spring of the corporeal frame. In a healthy state, they are kept supplied with seminal fluid, and this seminal fluid is the very quint-essence of humanity. What we eat, drink, and absorb becomes, after a certain manufacture is carried on within us, blood, water, and other materials which are necessary to our existence; but

a further manufacturing takes place until the very essence itself is obtained. Now, if we use this gift only in legitimate and lawful ways, the supply will always meet the demand, and we shall enjoy a perfect state of health. Our brains will be clear, our minds strong and ready, our hearts exultant, and our nerves as iron; but the moment the demand is greater than the supply, then the scene changes, and everything becomes deranged in a greater or less degree. Then, if the vice of Onanism be indulged in, the supply is soon drained off; then the manufacturing process goes on; the system is forced; the brain, the heart, every part of the body is robbed of its just share of its vital supplies in order to allow the wretched Onanist to gratify his hideous desires. So it continues until at length exhausted nature, worked under this double and treble high-pressure system, cries out too much, breaks down, and leaves the sufferer a wreck in mind, body, and morals. But it is not only in the waste of the human essence that the wretched victim injures and defaces his manly form; the parts themselves through overwork and constant use soon become weak, debilitated, and at length useless. Ignorance on this branch of physiology has been the stumbling-block of men for ages, and the medical faculty have been, as a rule, very backward in recognizing the extent of this fearful evil and in providing for its cure.

Fortunately science has at length turned its attention this way, and the consequences are being made manifest in the restoration to health and happiness of hundreds who otherwise would have been lost. So that although the crime is so disgusting that the mind revolts from its contemplation, and although the wretched Onanist deserves in retribution all the horrors which attend upon the committal of this crime, yet it is our duty, not only as a medical man but also as a Christian, to offer him the means to return to the paths of duty and virtue. Too often men who have given themselves up to this destroying power are driven into madness or suicide by the idea that their case is hopeless. Now, all cases are not hopeless. Hopeless they will be if the victim continues in his crime, and fruitless will be the doctor's efforts to save him; but happily the body, especially in the young, has strong recuperative powers. These, when aided by medical science, will, in most cases, if the patient keep himself in proper bounds, after a time, restore the patient. Some wretched quacks advertise cure by specific medicines or the use of instruments. Against such the loud voice of science exclaims with almost as much energy as against the crime of Onanism itself. Let the unfortunate victim, then, make up his mind to abstain from his lust; then let him go to some physician of experience in such matters,

state his case, and place himself under his treatment, and he will, in all probability, be cured. As my object is to incite men to regard their physical structure with the reverence due its wonderful mechanism, and to hold them back from vice, or by encouraging hope, inspiring confidence, gently lead back to health and happiness, I cannot do better than cite a case in point where cure has been effected, and that at a period and stage of the disease which, in my — alas ! that I have to say it — large experience in such cases, seemed utterly hopeless. Without specifying either the date or locality, — strict secrecy in such matters being the duty of the physician, — I will briefly say that a gentleman called upon me, requesting me to see his son, who, from being a bright and clever boy, had grown into a foolish and half-idiotic man. Upon visiting my patient I felt certain by his looks that self-abuse had either wrought the wreck I saw before me, or had helped to bring it about. I called the father one side, and although he denied all knowledge of his son's having acted in this manner, he supplied me with data sufficient to convince me that my first diagnosis was a correct one. Upon examining the generative organs I found that, though in a critical state, they were yet capable of cure. It would be unnecessary for me to go through all the details of my professional attendance ; sufficient to state that after a constraint

of three or four months, and a course of medicine for about the same time, I restored the patient to perfect sanity, and to a physical state of health which, unless again abused, would in time restore him to all those advantages which he had forfeited.

The other case was a more peculiar one, and I cite it as a warning to all young men who have ever committed the crime of Onanism, never mind how long they may have left it off, not to go into the state of matrimony without first getting medical advice. Many men, seeing the error of their way, have honorably abandoned the habit, and have fancied that time would bring everything right; but too often their organs have been injured, and while they think they are gaining strength, the seed is flowing from them in every water they pass,—this is called spermatorrhœa,—or by nocturnal emissions. In either case it is essentially necessary that a radical and complete cure be effected before marriage, else shame and misery will assuredly follow. The case I am about to mention was a man of thirty-five years of age. He had fallen in love and married a wife who in amiability and good looks could not well be surpassed. After six or seven months of connubial happiness he found, to his amazement, his powers leaving him; soon he found himself totally impotent. He very wisely resolved at once to get medical advice, and chanced to come to me. He was very

much affected and eagerly sought for cure. I comforted and cheered him up with hopes, if he would only give me every information so that I might understand his case, I probably would set him to rights. Thus exhorted, he told me that when at school he had yielded himself to the dreadful practice, but upon reaching his twentieth year he had abandoned it, and not only lived a virtuous life but even a religious one,—he having become a prominent member of an association. Upon examination I found that he had all through this interval been suffering from spermatorrhœa, which had very much impaired his sexual organs, and although the excitement and love of the period of marriage had temporarily restored his magnetic power, yet it had also hurried its prostration. Although the disease may be said to have become chronic, yet with skilful treatment he was restored to those domestic pleasures which he had almost forfeited by the errors of youth, and lived to raise up quite a family.

In conclusion I would merely observe that, not only is it for our own interest to find out our state of health before entering upon matrimony, but it is even a sacred duty, for, if we believe the Bible, we there find it written, “The sins of the father shall be visited upon the children.” And so it is in this abominable crime; visiting the child with feebleness and deformity, and, even though a man

may feel that he is physically capable to perform all the duties of man, even then, if he has ever been a victim to this vice, he should be careful, before entering matrimony, to make sure that his personal health is in that state which will ensure to his offspring a proper and robust constitution.

SELF-EXAMINATION.

How shall we know whether we are fit to enter into the married state? The question most frequently put to me is, How shall I know if I am suffering from Masturbation or Spermatorrhœa? What are indications of the diseases? There are symptoms which the medical man only can perceive; but on the other hand there are indications which are so self-evident, that, if the reader of this suffer from them, he cannot fail to recognize the disease under which he is laboring.

The symptoms are not always the same, but vary with the constitution of the patient. To render them patent to everybody, I have classified the most remarkable of them.

Symptoms which affect the generative organs only, or

LOCAL SYMPTOMS.

Defective erectile power.

Eruptions on shoulders and forehead.

Emissions in voiding urine.

Emissions at stool.

Undue excitement and emissions in the presence of the sex.

Atrophy or wasting away of the testicles.

Spermatic Urine.

Premature emissions during intercourse.

Erections without sufficient exciting cause.

Bloody emissions.

Dull pains in the generative organs.

Decrease of sensual desire.

I must here observe that many symptoms occur which are indicative of ordinary disease; but if they are the result of Onanism, or syphilis, or excess of venery, then the ordinary means of cure will not avail until the original cause be first removed. The seminal fluid is vitality itself, and any seminal loss affects, in a more or less degree, the various functions of respiration, digestion, and circulation.

BODILY SYMPTOMS.

Flatulence.

Alteration of the functions of the liver.

Craving for food.

Heat of epigastrium.

Disgust of ordinary food.

Nausea after meals.

Involuntary blushing.

Irregular pulse.

Difficulty of respiration and coughs.

Want of firmness of the muscles.

Swelling of stomach and intestines.

Excessive mucous secretions.

Palpitation of the heart.

Diarrhœa.

Inflammation of the rectum.

Costiveness.

Loss of flesh.

Unnatural appearance of skin.

Indolence.

Indisposition to exercise.

Fatigue on the slightest exertion.

Undue sensibility to heat or cold.

Discoloration under the eyes.

Symptoms which affect the mental organs, and which if not tended skilfully end in madness.

Desire of solitude.

Inability to concentrate the mind.

Cowardice.

Loss of memory.

Moroseness.

Impaired hearing.

Impaired sight.

Black spots in the vision.

Deterioration of the voice.

Sighing.

Unnatural dreams.

Unrefreshing sleep.

Depression of spirits.

Sensation as of cold water down the back.

Giddiness.

Sudden access of emotion while reading.

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Dr. Jourdain, having spent thirty years in the study and treatment of diseases affecting the mental and generative organs, nervous and dyspeptic debility, either constitutional or acquired, decline of physical vigor, loss of mental energy, and the numerous concomitants to sexual disorganization, begs to inform those so afflicted that he may be consulted, personally, at his residence,

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Dr. Jourdain begs to inform his country patients that by sending their communications by post, or otherwise, they can be supplied with the remedies adapted to their cases, forwarded to any address. The packages will be carefully secured from obser-

vation, and may be safely taken without confinement, prevention of daily business, or loss of time. Patients will please to rigorously describe their case, according to the form appended. The communication must, in all cases, be accompanied by the usual fee of five dollars, without which all letters of consultation will remain unnoticed, and in all cases inviolable secrecy may be relied on.

Sex.

Age.

Married or single.

Supposed cause.

How long ill.

Trade or occupation.

Symptoms.

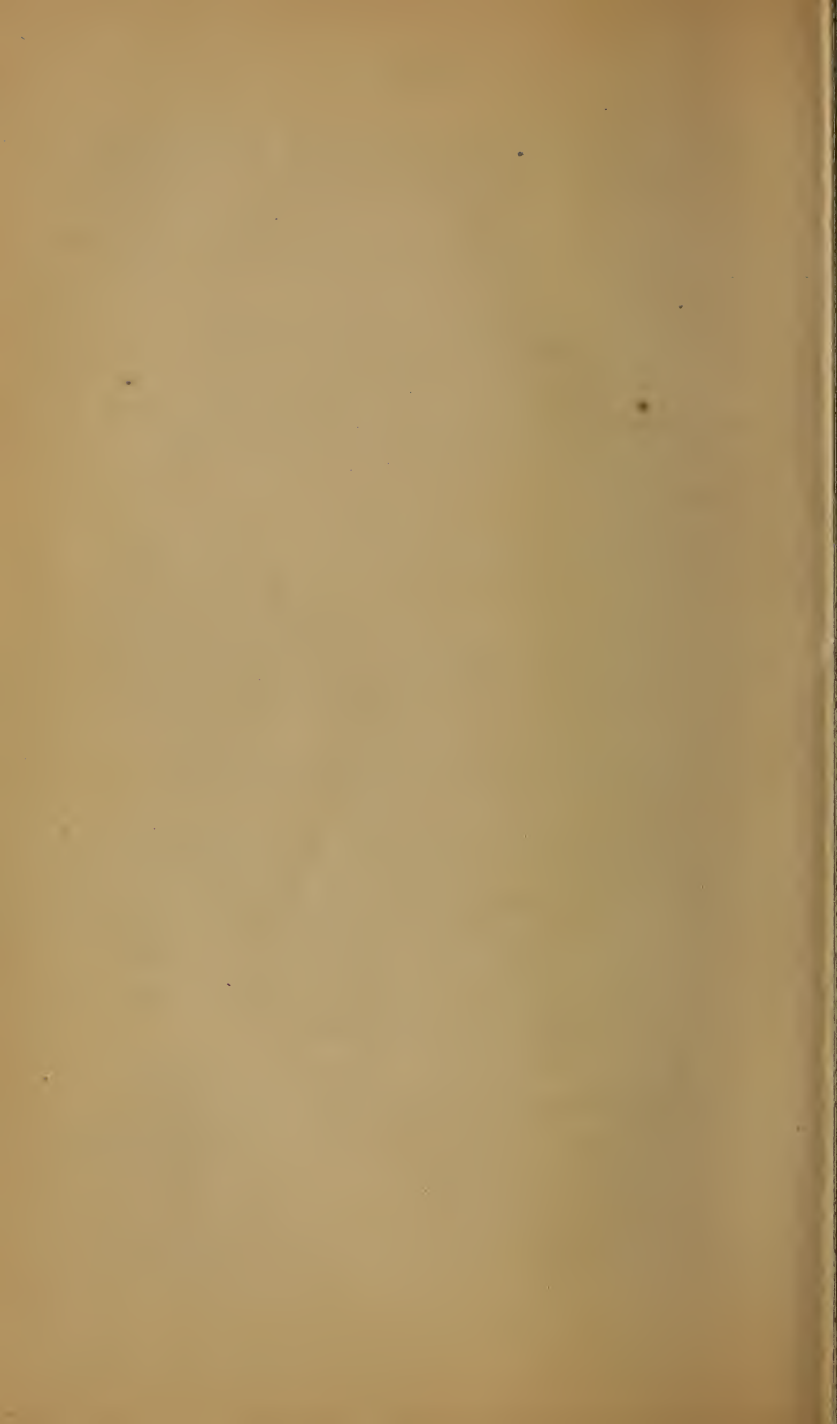
What treatment adopted.

Name and address.

Forward, also, if possible, a small phial of urine. It must be that which is voided on rising in the morning, and before the patient has partaken of food. The quick and successful treatment of the case depends, in a great measure, upon its careful microscopic examination.

R. J. JOURDAIN, M.D., M.R.C.S.E.

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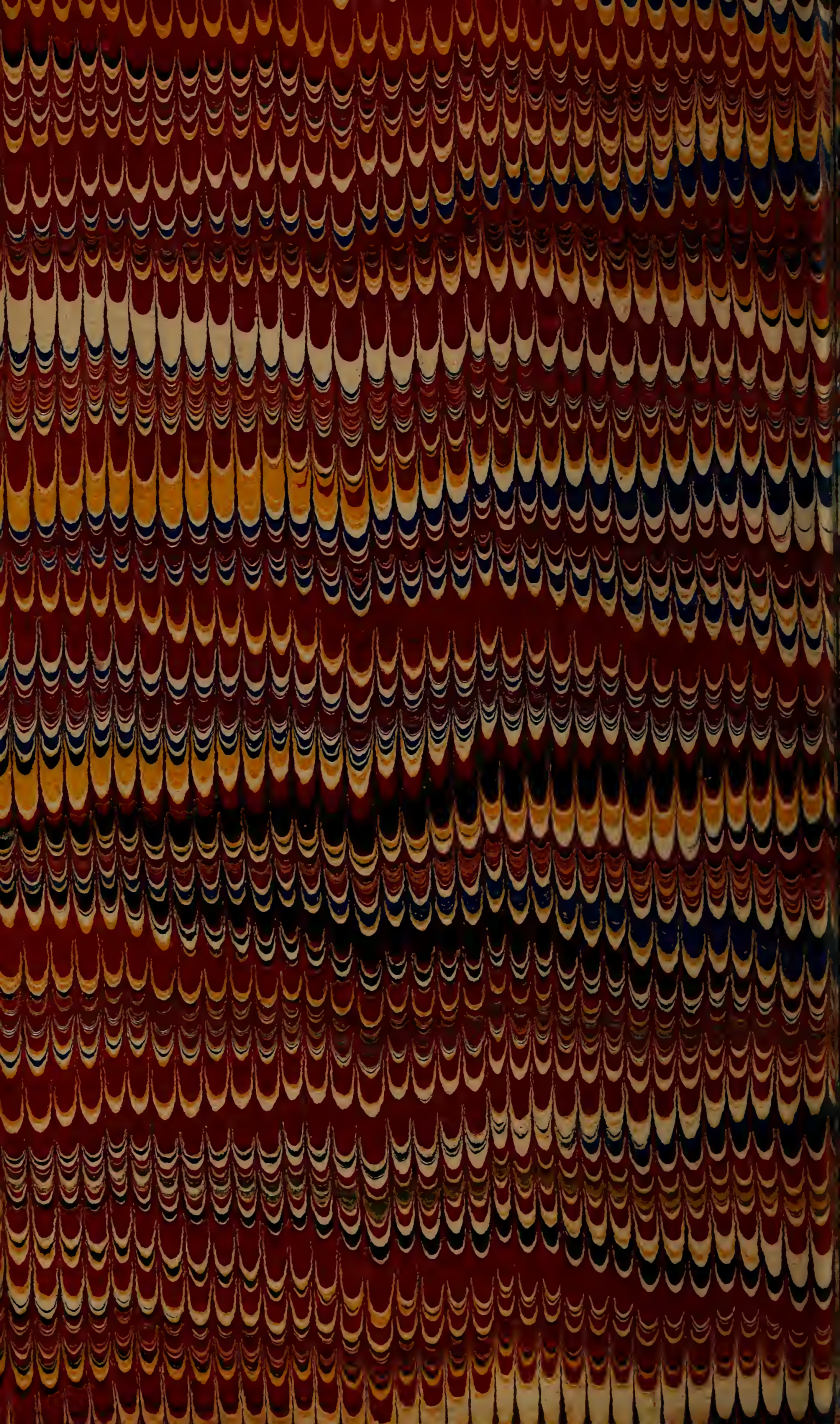
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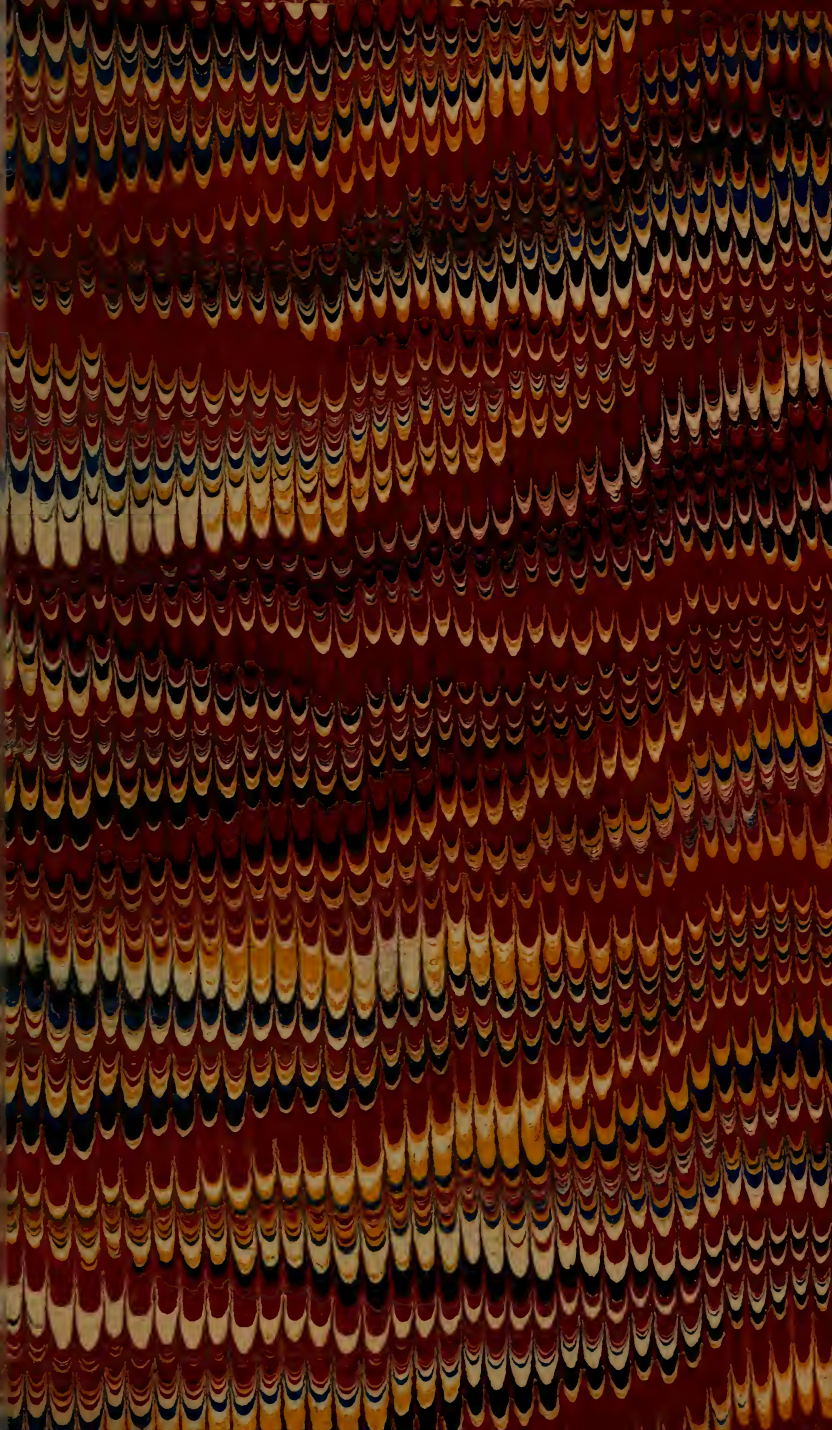
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